

FOOD PREPARATION METHODS AND REGIONAL  
IDENTIFICATION IN INDONESIA

by

Windyn R. Hines

A thesis submitted to the faculty of  
The University of Utah  
in partial fulfillment of the requirements for the degree of

Master of Arts

in

Asian Studies

Department of Humanities

The University of Utah

December 2013

Copyright © Windyn R. Hines 2013

All Rights Reserved

# **The University of Utah Graduate School**

## **STATEMENT OF THESIS APPROVAL**

The thesis of Windyn R. Hines

has been approved by the following supervisory committee members:

Hugh Cagle , Chair 7/19/13  
Date Approved

Günseli Berik , Member 7/19/13  
Date Approved

Ralph Brown , Member 7/19/13  
Date Approved

and by Janet Theiss , Chair/Dean of

the Department/College/School of Asian Studies

and by David B. Kieda, Dean of The Graduate School.

## ABSTRACT

Indonesia's recent history shows the unambiguous intention of the state to unite different regions through the building of a national identity, first against the Dutch colonizers, and then against regional separatist movements. The Indonesian government's study of the food cultural practices of different regions of Indonesia was directly in line with these intentions and with the goals of the *Pancasila*, the philosophical foundation of the Indonesian state, which lists nationalism or national unity as one of the five principles. The purpose of the Indonesian government's *Proyek Inventarisasi dan Pembinaan Nilai-Nilai Budaya (IPNB)*, or Inventory and Development of Cultural Values Project, was to serve as a tool for all Indonesians to become familiar with the great diversity that exists within its borders and to affirm the legitimacy of the state throughout the country. This paper looked more closely at the details of methods of preparation collected in the IPNB series, and in Indonesian cookbooks, to analyze recipes that fall into the category of national cuisine. I chose three regions to examine—Nusa Tenggara, West Sumatra, and Java—and three national recipes to compare across these regions. This research paper carried out an explicit regional comparison to determine if regional specificity was discernable in methods of preparation. The examination of preparation methods of the three national recipes—satay (*sate, satai*), grilled/roasted fish (*ikan panggang/bakar*), and bundled filling (*pepes, palai*)—showed that methods of preparation were not clearly able to identify a region for a given recipe, which shows that the Indonesian

government's goal of strengthening national unity through the building of a national identity made up of constructed traditions, like national cuisine, is problematic.

## TABLE OF CONTENTS

ABSTRACT.....	iii
GLOSSARY.....	vii
ACKNOWLEDGEMENTS.....	viii
I. INTRODUCTION.....	1
Terms.....	4
Outline.....	5
II. BACKGROUND.....	7
III. LITERATURE REVIEW.....	11
IV. METHODOLOGY.....	18
Regions of Analysis.....	18
Argument for National Recipes.....	19
Cookbooks.....	20
Methodological Process.....	23
V. RESULTS.....	26
Satay.....	27
Grilled Fish.....	30
Bundled Filling.....	32
Spices Map.....	35
VI. DISCUSSION.....	38
VII. CONCLUSION.....	46
APPENDICES	
A. SPREADSHEET 1. ASSESSMENT OF COOKBOOKS FOR INCLUSION IN THE STUDY.....	49

B. SPREADSHEET 2. DETAILS FOR COOKBOOKS INCLUDED IN THE STUDY.....	55
C. SPREADSHEET 3.1 LIST OF RECIPES IDENTIFIED WITHIN NUSA TENGGARA’S DIFFERENT REGIONS.....	59
D. SPREADSHEET 3.2 LIST OF RECIPES IDENTIFIED WITHIN SUMATRA’S DIFFERENT REGIONS.....	62
E. SPREADSHEET 3.3 LIST OF RECIPES IDENTIFIED WITHIN JAVA’S DIFFERENT REGIONS.....	66
F. SPREADSHEET 4. PREPARATION METHODS AND KEY INGREDIENTS IN RECIPES FOR SATAY, GRILLED FISH, AND BUNDLED FILLING BY CORRESPONDING REGIONS.....	71
G. EXAMPLE OF TABLE OF CONTENTS IN IPNB PROJECT BOOKS (TRANSLATED INTO ENGLISH) .....	81
H. DICTIONARY OF COOKING TERMS, BAHASA INDONESIA—ENGLISH.....	83
REFERENCES.....	91

## GLOSSARY

*Ikan panggang/bakar*- roasted or grilled fish

*Pepes/palai*- bundled filling

*Pancasila*- philosophical foundation of the Indonesian state

*Proyek Inventarisasi dan Pembinaan Nilai-Nilai Budaya (IPNB)*– Inventory and Development of Cultural Values Project

*Sate/satai*- satay



## ACKNOWLEDGEMENTS

Thank you to my advisor, Hugh Cagle, who was enthusiastic about my topic and supportive of my research. I also want to thank my committee members, Günseli Berik, whose close attention to detail and passion for justice inspired me in my academic life, and Ralph Brown of BYU, whose excitement about Southeast Asia and knowledge about Indonesia was delightful.

Thank you to Marie Paiva at the J. Willard Marriott Library for help locating resources and navigating the University of Utah system.

Thank you to the U.S. Department of Education's Foreign Language in Area Studies Fellowships Program for making my education possible with a generous academic year fellowship for two years in a row, as well as a summer fellowship.

And finally, I could never have accomplished this degree and written this thesis without the unending love and support of C.P. Tribby. Thank you.

## INTRODUCTION

My experience in 2007 as a volunteer and a traveler in Indonesia was unique because I worked at a secular, local nonprofit whereas most service agencies were religiously affiliated. This was different in an important way because Indonesia is a religious country where citizens are required by the government to choose a religion from one of the six legally recognized ones. Volunteering with a secular organization meant I had the opportunity to meet people from many different places and groups. Furthermore, it was rare for a foreigner to work directly with a local nonprofit without an affiliation to an international service organization. For these two reasons, I was able to make contact with people and community groups from all over Indonesia and participate in a profound way.

With my large community of friends, colleagues, and contacts, I became acutely aware of the diversities within Indonesia, specifically differences in preparation methods of common ingredients. Something that captured my interest was the way a friend from one island in Indonesia could perceive a region just by the preparation of a simple ingredient. In particular, after returning from a month of travel to the eastern region of Indonesia called Nusa Tenggara, an Indonesian friend and colleague from the island of Java could ascertain that I had travelled to the eastern Indonesian island of Flores in Nusa Tenggara by the way I prepared carrots, drawing the knife toward me instead of cutting away from me. I was taken by my friend's perception and the possibility that one

region in Indonesia could be distinguished from another by the preparation methods of common ingredients. Thus, my interest in the topic of preparation methods developed and I desired to know more. In this thesis, I ask the research question, is regional specificity discernable in methods of preparation? The tension between the national government promoting a uniform, national identity and the regions maintaining diverse identities was the narrative in which this question fit.

Religion and cultural customs are two of the many elements that form the complex cultural identity in Indonesia, and these elements have been used to help create an Indonesian national identity. National identity has a complex history in Indonesia, beginning in the early 1900s and coalescing with the Indonesian fight for independence in the 1940s. Because of Indonesia's large geographic expanse and hundreds of different ethnic groups and spoken languages, the Indonesian state has needed to legitimate its rule through the creation of a national identity. The Indonesian government promoted national identity with the creation of the *Pancasila*, the philosophical foundation of the Indonesian state. *Persatuan Indonesia*, unity in Indonesia, is one of the five tenets of the Pancasila. Unity through the creation of national identity made it possible for the government to funnel the diverse cultural and regional differences in Indonesia into one uniform national identity. The government did not tolerate any expressions of regional sovereignty. This continues to be the case as regions are still uncomfortable with their borders.

In the creation of a national identity, powerful players invent a set of national traditions that foster national identity and justify existing power structures (Anderson 1983; Moser 2008). National cuisine is one such manufactured tradition that reinforces national identity on a daily basis because food is a universally shared experience.

National cuisine implies the combining of cultural, regional, and ethnic identifications so that these identifications are no longer apparent or important as compared to the national identification (Appadurai 1988; Cusack 2000; Kubo 2009). In the case of Indonesia, the government chose a specific cuisine from one of Indonesia's hundreds of ethnic groups and promoted it as representative of the national cuisine (Klopfer 1993). In this example, the appropriation of a specific ethnic cuisine moved the food from a regional identification to a national identification because the Indonesian government wanted to create a shared national cuisine to reinforce national identity. They were propelled by creating stability in a diverse nation.

In this thesis, I examined the recipes in cookbooks for evidence of regional specificity in preparation methods to argue that Indonesian national cuisine reflects regional differences, not national homogeneity. It is interesting to examine the diversities within national cuisine as an indication that the national cuisine is not necessarily contributing to a national, uniform identity. Instead, it is allowing regional expression and interpretation and other identities to exist, rather than be oppressed by the national government. This suggests that the government promotion of a uniform national identity through food is problematic. Possible regional variability in the preparation methods could allow regions to maintain and exercise a distinct identity from each other and from the nation-state. I propose that it is feasible to observe regional differences in recipes that are part of a national cuisine by examining the methods of preparation of those recipes. This is significant to look into because there is previous work on food habits in different regions by the Indonesian government. The Indonesian government already undertook research into food culture in distinct regions of Indonesia with the purpose of

strengthening Indonesian national identity, in accord with the goals of the Pancasila, with a series of studies performed from 1982-1996. My thesis adds to these studies by providing an additional development in the analysis; where the IPNB series only listed the food practices in different regions, I further the analysis by drawing comparisons of those practices between regions. This paper will examine patterns in the methods of preparation in the three regions of Nusa Tenggara, West Sumatra, and Java by studying three national recipes—satay (*sate, satai*), grilled/roasted fish (*ikan panggang/bakar*), and bundled filling (*pepes, palai*)—as recorded in English and Bahasa Indonesia language cookbooks.

## Terms

I used the phrase *methods of preparation* to convey the “manipulative techniques” of particulation or cutting, slicing, scoring, mincing into smaller sizes; incorporation or mixing two substances together to yield a third; marination; application of dry or wet heat; dry curing; frying; and fermentation (Rozin 1982 cited in Belasco 2008: 17-18). The specific ways of preparing food convey a community’s protocols, usages, communications, and behaviors, and these are but component parts of the panoply of external and internal influences that comprise regional identification (Belasco 2008). Food preparation techniques are associated strongly with geography and what is naturally available in local environments (Lerida and Apolonia 2010; Nurana and Yunus 1991). Because of this, food preparation becomes a trademark of a group’s own local place and is an effective way to examine regional differences in cuisine (Lerida and Apolonia 2010). But geographic and cultural contexts are not the only influences on preparation methods

for different regions. Preparation methods are also subject to external pressures that challenge and alter the internal reinforcement of a community's food practices. Some examples of these external pressures are globalization factors, such as corporate franchises and factory farms, and the making of a national cuisine.

To assess regional specificity, I used the term *regional identification*, which employs a relational model of identification, where preparation methods position regions in a relational web. The term identification differs from the term identity by specifying the agent doing the identifying, as well as by welcoming different and overlapping internal identities (Cooper 2005). In this paper, the agent that identified a region was the food preparation method and my assumption was that communities categorize and locate themselves in a variety of ways and in a variety of contexts.

## Outline

In this paper, I first review recent history in Indonesia and the series of publications on food practices conducted by the Indonesian Department of Education and Culture. Next, the literature review covers the field of national cuisine and the complex power struggles that go into the constructing of identity. In the literature review, I also discuss scholars who have researched cookbooks. Afterwards, I introduce the regions of focus in the study—Nusa Tenggara, West Sumatra, and Java. Following this, I argue that satay (*sate/satai*), grilled/roasted fish (*ikan panggang/bakar*), and bundled filling (*pepes/palai*), are three examples of Indonesian national recipes. Then I describe my methodology, which was to examine the process of making a national recipe through the inspection of preparation methods. Next I talk about my results, which indicate that

preparation methods do not signify regional identification based on the cookbooks I assessed. Finally, I discuss my results in the context of research already done by the Indonesian government on food practices in different regions, and in the context of the larger scholarship on national cuisine and identity. I find that the methodology of my research contributes to the scholarship on national cuisine and identity and is an important way to examine national cuisine in future studies.

## II. BACKGROUND

The creation of modern Indonesia involved a concerted effort to construct a unified sense of national identity. It was nationalist sentiments and rhetoric that fueled the break from the Dutch colonial rule. The Dutch became a common enemy against whom Indonesians rallied (Friend 2003; Avé 2002). Indonesia declared independence in 1945, but it was not until 1949 that the world recognized the nation as such. The new Indonesian leaders drew the postindependence borders of Indonesia with the boundaries created by the Dutch—adopting the same borders drawn by Dutch colonizers, and orienting political and cultural life to the island of Java and the Javanese, as the Dutch before had done (Gelman-Taylor 2003). Indonesian nationalists were able to legitimize the continued use of the colonial boundaries by using the nationalist fervor built around the independence struggle.

Not all regions were comfortable with these borders and separatist movements threatened to unravel the national unity built by the collective movement against Dutch imperialism, so the Indonesian government sought a way to strengthen the idea of one nation. In 1945, Indonesia's first president, Sukarno, introduced the five principles of the *Pancasila*. These principles—belief in God, humanitarianism, unity, democracy, and social justice—became the philosophical foundation of the Indonesian state. The Pancasila became the basis of Indonesia's national ideology. Since its first day as an independent nation in 1949, the main task for Indonesia had been to create national unity



and a national culture (Yamashita 2003: 9). The Pancasila was an attempt to formulate a national philosophy to respect and accommodate the plural character of Indonesian society (Tong and Lian 2003: 48). But while the Pancasila recognized humanitarian and democratic principles, the state understood nationalism to mean the obscuring of regional and ethnic loyalties to an allegiance to the Indonesian state (Tong and Lian 2003). The Indonesian government tried to ensure national unity through the outward recognition of cultural and regional differences, while funneling all those diversities and any expression of regional sovereignty into the idea of one nation and one national identity. The maintenance of local identity, in the face of pressures to conform to national identity, continues to be an ongoing issue in the regions outside of Java and the government uses the Pancasila to overcome these differences with the higher goal of one nation. There are still autonomous movements in several regions of the archipelago, the most well-known from the regions of Papua, Aceh, and, now independent, East Timor.

From the early nineteen-eighties until the midnineties (1982-1996), the Indonesian Department of Education and Culture conducted a study of the food practices and food culture of different regions in Indonesia, a project whose overarching theme was to achieve national unity like that articulated in the Pancasila. The *Proyek Inventarisasi dan Pembinaan Nilai-Nilai Budaya (IPNB)*, or Inventory and Development of Cultural Values Project, collected detailed information on food practices in both cities and provinces from all over Indonesia<sup>1</sup>, culminating in the publishing of ten books all with the similar title of: “*Makanan : wujud, variasi dan fungsi serta cara penyajiannya pada*

---

<sup>1</sup> The regions in which the IPNB project conducted research were: North Sumatra (1982), Maluku (1983), West Java (1986), West Sumatra (1986), East Nusa Tenggara (1991), Yogyakarta Special Region of Java (1993), Palembang, South Sumatra (1993), South Kalimantan (1993), Jambi, Sumatra (1994), and Special Capital Region of Jakarta (1996).

*[daerah-daerah di Indonesia]*.”<sup>2</sup> The purpose of these studies was to document the cultural values of distinct regions through their food practices in order to increase knowledge of other regions in the hope that such knowledge would strengthen the full and total comprehension and implementation of the Pancasila (Nurana and Yunus 1991: iii). In the opening remarks of the book on West Sumatra, the Director General of Culture, Doktorandas GBPH Poeger, wrote about the hopes that the examination of the regional and cultural aspects of food would help the many different tribes of Indonesia understand the cultures which flourish in every province (Nurana and Yunus 1991). My study addresses the main purpose of the IPNB, which was to identify the food characteristics in different regions of Indonesia in order to strengthen national culture through the circulation of information about the varieties of different regional-cultural food practices.

Indonesia’s recent history shows the explicit intention of the state to unite different regions through the building of a national identity, first against the Dutch colonizers, and then against regional separatist movements. The national government tolerated regional expressions of individuality, but cautiously monitored these expressions for undesired politicization of regional, ethnic, linguistic, and religious differences (Tong and Lian 2003: 48). The IPNB series of publications exhibited this tolerance, without outright acknowledgement, of competing interests. The purpose of the IPNB project was to serve as a tool for all Indonesians to become familiar with the great diversity that exists within its borders and to affirm the legitimacy of the state throughout the country.

---

<sup>2</sup> Translates to: “Food : its shape, varieties, and functions with the method of serving in [the regions of Indonesia].”

Powerful political actors used national cuisine to reinforce national identity, but there are examples of national cuisine being used by others too. Following is a review of literature that discusses national cuisine and the complex power struggles that go into the constructing of identity.

### III. LITERATURE REVIEW

Food choices can represent and demonstrate a person's personal, group, cultural, ethnic, and/or national identity (Miller and Deutsch 2009). By posing questions about what, where, and how people eat, it becomes possible to answer deeper questions about family and ethnic background, affinity groups, gender, and personal memories (Belasco 2008). Scholars explore the multiple identities with which people associate themselves through the study of food: from national, to regional, familial, class, language, and ethnic identities. The construction of identity through food can be an instrument used by powerful actors to obscure and generalize identities in the name of national coherence. The construction of identity through food can also be a tool through which underrepresented groups express authority, as well as a place where seemingly powerless groups influence national identity. The critical analysis of food and identity, ethnic or national, serves to record the dynamics of power relationships and representation of ethnic and national identity at the same time.

Arjun Appadurai (1988) argued that the presence of specialized cookbooks for specific audiences produced the means necessary for the formation of a national cuisine. These cookbooks generated a "possible index" for the basis of a national cuisine through the collection of many sets of skills available to prepare an endless array of dishes. This way, different regional and ethnic culinary influences could be rearranged and amalgamated into a national cuisine. The authors and audience of these cookbooks were

female members of the urban middle-class. The exploration of new tastes by this community of women resulted in the uncovering of the parts necessary to create a national cuisine through the demand for specialized cookbooks. The specialized cookbooks demonstrate the interchange between regional specificity and national standardization in new Indian food cookbooks, the combination of which came to represent the culinary diversity and dynamism that was central to the construction of a new Indian national identity (Appadurai 1988).

In Japan, Takeda Hiroko (2008) showed that powerful political actors actively used national cuisine discourse as a tool to promote nationalist ideology. Hiroko examined discourses on food coming from government and civil organizations working for food safety. She found that these were powerful interest groups that promoted national unity through their food discourse. This discourse emphasized the “Japaneseness” of Japanese cuisine. Japanese people were expected to organize their daily lives around the notion of “delicious food in a beautiful country” (Hiroko 2008: 5). Through this daily ritual and association, government and civil organizations working for food safety emphasized a singular identity of food instead of the many influences that contributed to Japanese cuisine. In taking the focus off the hybrid nature of Japanese cuisine, the discourse reproduced the singular Japanese nation. Hiroko believed that the process of globalization tended to emphasize the Japanese element of cuisine in order to reinforce national coherence and integrity, because in capitalist countries with a strong nation-state orientation, nationalist associations are easier to understand than in places where multiple associations alternatively unify the populace (Hiroko 2008: 25).

Powerful interests define national cuisine; yet through the process of defining a national cuisine in order to reinforce national identity, nation-makers place emphasis on women, a group typically left out of the nation-building process. Igor Cusack (2000) examined the battles over the development of a national cuisine by studying the “authentic” recipes gathered in cookery books about cuisine in different countries in Africa. He found that political officials and elites within and outside Africa merged food recipes from different regions and ethnic groups into a national cuisine. The priority placed on the creation of a national cuisine was an attempt to place African identity within Western frameworks of nation-building. For example, in Equatorial Guinea, the national elite assembled the favorite foods of different ethnic groups and repackaged them as part of the Equatoguinean national cuisine on the official website for the Republic of Equatorial Guinea (Cusack 2000: 219). Cusack found that the naming of a cuisine made it so women were part of the nation-building project because powerful elites used their recipes to create the national cuisine. While powerful players understood dynamic societies with familiar nationalist discourse, the emphasis of cuisine as one path to arrive at national coherence introduced gender into the national identity making process.

Similarly, women and lower class groups in colonial Mexico participated in the formation of a Mexican national identity through their culinary traditions (Pilcher 1996). Jeffrey Pilcher (1996) examined the recipes in cookbooks for evidence of multiple influences from different strata of society to argue that Mexican cuisine reflected not the hierarchical mentality of New Spain, but rather the nationalist ideology of modern Mexico (Pilcher 1996). As food played an important role as a status marker in New Spain,

nationalists hoping to unify the Mexican people found the divisions created by food burdensome to their end goals. Pilcher found that, instead, food traditions from all strata of society were incorporated into a mestizo cuisine and identity, and through the inclusion of their culinary traditions, usually subordinated groups participated in the formation of the modern Mexican national identity.

In the case of Indonesia, the appropriation of the cuisine of the Minangkabau of West Sumatra by the Indonesian government for the purpose of creating national cuisine did not result in the inclusion of the Minangkabau into the nation-building project. Instead, it resulted in the misrepresentation of Minangkabau food and inadvertently transformed gender roles within the Minangkabau community (Klopfer 1993). Lisa Klopfer argued that cuisine is an abstract idea that governments cannot falsely make real by assuming it exists organically. On the contrary, powerful actors, including the Indonesian government, construct cuisine. In assuming that cuisine was formed organically, the Indonesian government ended up simplifying the complicated social dynamics associated with food and its cooking, causing the false portrayal to the public of the cultural identity associated with those foods. This argument was made in certain references to Minangkabau culture in West Sumatra, famous for elements of their cuisine, which have been popularized in Padang<sup>3</sup> restaurants across Indonesia and the world. The nationalist Indonesian government wanted to promote Minangkabau food as the national cuisine of Indonesia, because maintaining national unity propelled them. Klopfer saw the ethnicizing of Minangkabau cuisine not as a governmental recognition of the expression of cultural differences in Indonesia, but as a way for the Indonesian government to

---

<sup>3</sup> Padang is the capital of the province of West Sumatra and restaurants serving Minangkabau food are named after this capital city.

embrace a concept of ethnicity that was empty of culture as knowledge and practice (Klopfer 1993: 303; Tong and Lian 2003). The dynamics of the Padang restaurant—the emphasis on meat dishes, which are normally cooked only by men—affected gender relations within the Minangkabau community by changing the roles traditionally exercised by men and women.

National cuisine exists at the intersection of food and identity and is a place where both powerful and powerless groups exert their influence. Powerful players define national cuisine, but through this same construction, underrepresented groups also exercise potential. But building a national cuisine is problematic and can result in the misrepresentation of a group's identity.

Many food-related studies have used cookbooks to explore the social, economic, and environmental conditions of a given place and period, while others have used them to discuss the contemporaneous construction of ideologies and prejudices. Differences aside, all of these authors would agree that the researcher could gain insight from surveying and scrutinizing cookbooks. Culinary historian, Barbara Wheaton (1998) saw cookbooks as “cultural artifacts” that could be used to examine the circumstances and details of the culture that produces a culinary tradition (Wheaton 1998: 2). Prominent anthropologist, Arjun Appadurai (1988), suggested that cookbooks reflect historical and ideological forces, and used them to examine the emerging middle-class and national identity in India. In Nathalie Cooke's (2012) research on the changing social roles and food tastes in Canada over time, she argued that cookbooks consciously communicated expectations and ideologies to their readers and were not merely benign instructional guides. She examined two classes of cookbook that, by espousing both claims to first-hand



experience and the objective authority of science and innovation, defend her argument that cookbooks contain a strategic offering of a collection of recipes which shape the aesthetic and ideological values of Canadians over time (Cooke 2012).

Other scholars interpret cookbooks not as artifacts in time, but as active sites of the production of complex belief systems and anxieties (Mason 2008). Eric Mason (2008) was critical of cookbooks as not merely windows into a past history, but as expressions of present-day struggles in understanding groups outside of one's own group. He scrutinized Jewish cookbooks, which included recipes from or were wholly about Sephardic cuisine, the descendants of the Jewish community that lived in Spain and Portugal during the Middle Ages (Mason 2008: 106). Through his analysis of everything from covers, to introductions, to detailed recipes, Mason concluded that cookbooks were both productions of power and of pleasure and that cookbooks take part in the "politics of difference" or the ascribing of negative characteristics to groups outside of one's own group. Historian Nicole Tarulevicz (2012) considered cookbooks as discursive sites that sculpt gender roles and reinforce rules of domesticity. Cookbooks were also a medium through which women contributed to dominant discourses as they often authored or contributed to cookbooks (Cusack 2000).

In the Philippines, the specialized techniques of food preparation required to process the *lumbia* trunk reinforced and perpetuated cultural identity. In Lerida and Apolonia's (2010) paper, the authors emphasized that geography played a role in creating group identity because the environment forces local communities to work with what is available. The preparation of available foods, especially foods that require complex methods of preparation, became a trademark of a group's own local place through the

repeated daily exercise of preparing food in a certain way. In Butuan, the Philippines, the older generation received the knowledge of how to prepare the *lumia* trunk, a staple food in Butuan, from their ancestors and this reinforced Butuanon cultural identity. The preparation of food uniquely available to a particular geographic area helped reinforce identity in Butuan, the Philippines.

The methodology I used in this thesis probed the preparation processes of national recipes, not only the finished dish, creating more points of references by which to examine national cuisine.

## IV. METHODOLOGY

### Regions of Analysis

West Sumatra is a province on Indonesia's large, western island, Sumatra. Java comprises three provinces, West Java, Central Java, and East Java, and is located south of Sumatra and west of Nusa Tenggara. Java is Indonesia's most populous island: it produces the majority of Indonesia's food supply, and it is where economic and political power is concentrated (Holtzappel 2002). Nusa Tenggara is a chain of smaller islands located in eastern Indonesia that has two provinces, West Nusa Tenggara and East Nusa Tenggara.

I chose the three regions for different reasons. I experienced regional differences in the method of preparing a carrot between the two regions of central Java and Flores, East Nusa Tenggara, so this is why I chose these two regions. The example of the different ways of shaving off the skin of a carrot in Java versus Nusa Tenggara initiated my interest in the idea that cooking methods could mark regional identification. Additionally, recipes in cookbooks were most likely to have a regional association with Java. In addition to Java and Nusa Tenggara, I frequently encountered recipes from West Sumatra, likely because of the area's popularity throughout Indonesia through Padang restaurants. The recipes from West Sumatra often had detailed descriptions of methods of preparation, which helped me compare these recipes to the other regions.

## Argument for National Recipes

I argue that the recipes for satay (*sate, satai*), grilled/roasted fish (*ikan panggang/bakar*), and bundled filling (*pepes, palai*) are all examples of recipes from Indonesia's national cuisine by using the criteria laid out by Michiko Kubo (2009). In her definition of the features of a national dish, the recipe has lost its local features and does not anymore reflect any particular ethnic group, and finally, it is popular throughout Indonesia. The three recipes I chose all fit Kubo's criteria and, in addition, they are commonly found across cookbooks, which is important because the amalgamation and reorganization of recipe parts in cookbooks are what make it possible to create a national cuisine (Appadurai 1988).

There are so many different types of foods in Indonesia—sweets, snacks, ritual foods—and accompanying these were myriad preparation techniques. The first recipe, satay (*sate/satai*), resembles a kebab, and is marinated meat that is skewered on a stick and grilled. In Indonesia, this is primarily a snack food and is often purchased from street vendors. I chose this recipe because it is a recipe found in all three regions that is also an example of a common snack food consumed in Indonesia. The second recipe, grilled/roasted fish (*ikan panggang/bakar*), is common across all regions. Fish is an important part of the diet in Indonesia and grilling is a common way of cooking in Indonesia. Finally, I chose bundled filling (*pepes/palai*), because it could be found in all regions and because these recipes had interesting, multistep methods of preparation. The package in this recipe is usually a leaf, but can also be made from aluminum foil. This dish is grilled until the leaves surrounding the filling are blackened, or it can be steamed and, in the case of recipes that have been adapted, baked in an oven. The methods of

preparation needed to make these three recipes covered a variety of different methods of preparation, from cleaning and cutting, to marinating and making spice pastes, to grilling, boiling, and baking.

## Cookbooks

The cookbooks I chose for my source-set were a cross-section of Indonesian food cookbooks. Included in this set were thick volumes and thin pamphlets, books written by Indonesian authors and foreign authors, and books with concise descriptions and extensive narratives. The Indonesian food cookbooks were written in, and translated into, multiple languages. This research paper examined cookbooks written in English and Bahasa Indonesia. The particulars of each individual cookbook did not form the main point of analysis in this thesis. My focus was on the information about methods of preparation within the recipes in each cookbook. But it is worth discussing briefly the differences and similarities in the cookbooks I chose for my source set. The books were published between the years 1976 and 2009 in Indonesia, the United Kingdom, Germany, Singapore, and the United States. The two newest books by Başan and Laus (2007) and Owen (2009) were published in one place and printed in another (in Singapore and China, respectively).

I could distinguish the cookbooks by the organization of the book and recipes. Some authors wrote about recipes from specific regions within Indonesia, like Wongso and Tobing's (2004) book of recipes from West Sumatra, as well as the collection of recipes included in the IPNB Project books (1986; 1991; 1993) from West Sumatra, East Nusa Tenggara, and West Java. However, in the cookbooks by Owen (1986; 2009), von

Holzen and Arsana (1997), and Marks and Soeharjo (1981), the authors all placed the recipes within the broader category of Indonesia. Yet the books mentioned above did assign individual recipes with specific regions of origin and that is how they became included in my source set. Different than the others, Başan and Laus's (2007) cookbook compared Indonesia to the Philippines. This book was organized by meal-type (snacks, soups), rather than by country. Another author who organized the cookbook by meal-type was von Holzen and Arsana. Alternatively, in the cookbook on Southeast Asian recipes by Mowe (1999), she organized her cookbook by country—Singapore, Malaysia, and Indonesia. Owen (2009) organized her cookbook by major life periods, like when she was young, when she was at the university, and when she was living abroad. Also, in the cookbook by Marks and Soeharjo (1981) the authors organized the cookbook according to the main ingredient (rice, fish, beef, lamb) in the recipe.

Another way I characterized the cookbooks was by the audience to whom the authors wrote. Marks and Soeharjo (1981) wrote to an audience who they assumed would be cooking Indonesian recipes in a kitchen abroad. In their cookbook, they adjusted both the methods of preparing recipes and the ingredients used in recipes to fit their intended audience. In Owen's first book, published in 1986, she also adjusted her preparation techniques and ingredients to match the kitchens of her European audience. Wongso and Tobing's (2004) book assumed the audience's kitchen would have modern appliances, like a food processor or blender; however, in some recipes, they still instructed the reader to use a mortar and pestle. In general, when the cookbook authors assumed the audience was looking for convenience, they instructed the reader to prepare and cook the food using modern appliances. Meanwhile, most authors still included a description about how

the recipe would be made in Indonesia, I assume to retain some authenticity. In some cookbooks, the authors gave the audience the option of using an Indonesian tool or a modern appliance to perform a preparation, depending on the audience's preference.

The cookbook authors had different backgrounds in the culinary world. Wongso and Tobing (2004) were both well-known culinary experts in Indonesia and the authors of many Indonesian food cookbooks. Owen (1986; 2009) was a well-known culinary expert on Indonesian cuisine who was the author of multiple cookbooks. Both von Holzen and Lother (1997) were hotel chefs on the island of Bali and the recipes in their cookbook reflected Balinese influence. They also have a cookbook on Balinese cuisine. Başan and Laus (2007) were also both trained chefs. I could not find much information about Mowe (1999) and her cookbook on Southeast Asian cooking that was first published in German. All the authors, except Mowe about whom I do not know much, are still very much involved in the culinary world.

From this corpus of cookbooks, I selected books where the author identified recipes with specific regional associations (e.g., West Sumatran beef stew), and books that had detailed descriptions of the methods of preparation of recipes. In narrowing down my body of sources, I excluded cookbooks with no descriptions of methods of preparation or cookbooks with vague descriptions. This left me with a selection of cookbooks from the 1980s, 1990s, and 2000s. I discerned the regions associated with recipes from recipe names that included the place-origin of the recipe, and from descriptive introductions to individual recipes that included stories about the recipes' place of origin or particular regional characteristic. I then collected recipes names associated with each region and, using Table 1, identified three recipes commonly found

**Table 1.** Survey of Recipes Considered By Region

Dish/Ingredient	Nusa Tenggara	West Sumatra	Java
Sate/Satai (satay)	X	X	X
Ikan Panggang/Bakar (grilled fish)	X	X	X
Pepes/Palai/Pais (bundled filling)	X	X	X
Panggang (grilled)	X	X	X
Lontong (rice steamed in pocket)	X	X	X
Lemang (steamed in bamboo)	X	X	X
Acar (pickled)	X	X	X
Terong (eggplant)	X	X	X
Kacang (peanut)	X	X	X
Bayem (spinach)	X	X	X
Kare/Kari/Gulai (curry)		X	X
Asam (tamarind)		X	X
Onde-onde (steamed rice cakes)	X		X
Ikan Goreng (fried fish)	X		X
Ubi (yam/sweet potato)	X	X	
Singkong (cassava)	X	X	?
Nasi Tumpeng (cone-shaped rice)	X		X
Pucuk (young shoots of plant)	X	X	
Kacang panjang (long bean) OR buncis (green bean)		X	X
Jagung (corn)	X		

across the three regions. I chose the following three recipes: satay (*sate*, *satai*), grilled/roasted fish (*ikan panggang/bakar*), and bundled filling (*pepes*, *palai*). These recipes served as the constant in my analysis of methods of preparation, while preparation methods were my variable.

### Methodological Process

Once I had identified the three regions and three recipes, I then collected the respective preparation methods for each recipe and, in order to compare and contrast them, created a way of identifying similar recipes. In the list of recipes for satay, I compared the recipes with similar names across the three regions. For an example of this



differentiation, I compared the recipe for *sate pusut/pentul* from Nusa Tenggara together with the recipe for *satay pentul* from Java. I carried out the same kind of comparison for grilled fish and bundled filling. In situations where recipe names were not exactly the same, I compared the way the cookbook instructed the cook to prepare the main protein (e.g., chicken, beef, lamb, pork, fish, shrimp, tofu, tempeh, etc.). For example, I compared the recipe for *sate lilit bebek* from general Indonesia<sup>4</sup> to the two recipes for *sate pentul*, because in all three recipes, the cookbook author instructed the cook to prepare the protein by grinding it. So even though the name of the recipe was different, the way the cook prepared the protein initially was the same.

With these ways of identifying similar recipes, I then compared the methods of preparation of the similar recipes in flow charts for each national recipe. When charting the methods of preparation, I explicitly did not take into consideration individual ingredients because my focus was on methods of preparation only. For example, if one recipe added coconut milk to a pounded spice paste, while another added water, the preparation method was only, “liquid added to spice paste,” even though the ingredients were different. I drafted the flow charts for each national recipe in the sequence given in the cookbook, from start until finish. I then traced these sequences of preparation methods with colored lines that corresponded to each region in order to better see the differences and similarities that existed between the preparations of a similar national recipe.

In addition to the flow charts, I created a map of the ingredients used in the spice paste in different satay recipes. While this analysis of the ingredients used in the spice

---

<sup>4</sup> Recipes categorized from general Indonesia were recipes to which the cookbook author did not assign a location, or recipes that were assigned the location, “Indonesia.”

paste for different satay recipes cannot represent the patterns in ingredients in grilled/roasted fish and bundled filling, spices were not the focus for determining regional identification. I did not make a comparison of spices for the other two recipes, but nonetheless, I still found it interesting to consider spices as another possible factor in explaining variation in methods of preparation and another factor to consider for regional identification.

In summary, from a cross-section of cookbooks, I chose books that fit my criteria of 1) having a region associated with the recipe and 2) having enough detailed information on methods of preparation that they could then be compared to other methods of preparation. Once I determined regions from the books I had chosen, I used Table 1 to select three recipes commonly found in each of them: satay (*sate/satai*), grilled/roasted fish (*ikan panggang/bakar*), and bundled filling (*pepes/palai*). I identified grouped recipes by similar recipe names and by similar initial preparation of the proteins. I examined the preparation methods for each of the three national recipes and used flow charts to compare their preparation methods. I also created a map of the unrepeated ingredients for the spice paste for satay recipes. I will now discuss the results of these figures.

## V. RESULTS

The results of my analysis were not what I had expected, yet there was still significance in the outcome of my results. Regional specificity was not discernable in methods of preparation. This was seen readily in the subsequent figures as no one region, represented by colored lines, expressed themselves as the sole operator of one method of preparation. Instead, recipes for the three national dishes reached both between and overlapped the methods of preparation in other regions. Meanwhile, the different regions prepared similar national dishes in varying ways. This is observed in the figures that follow by considering that the colored lines representing different regions do not move uniformly through every preparation method. Instead, there are variations in the methods of preparation called for in the recipe, although not to be mistaken, these variations do not show discernable regional associations.

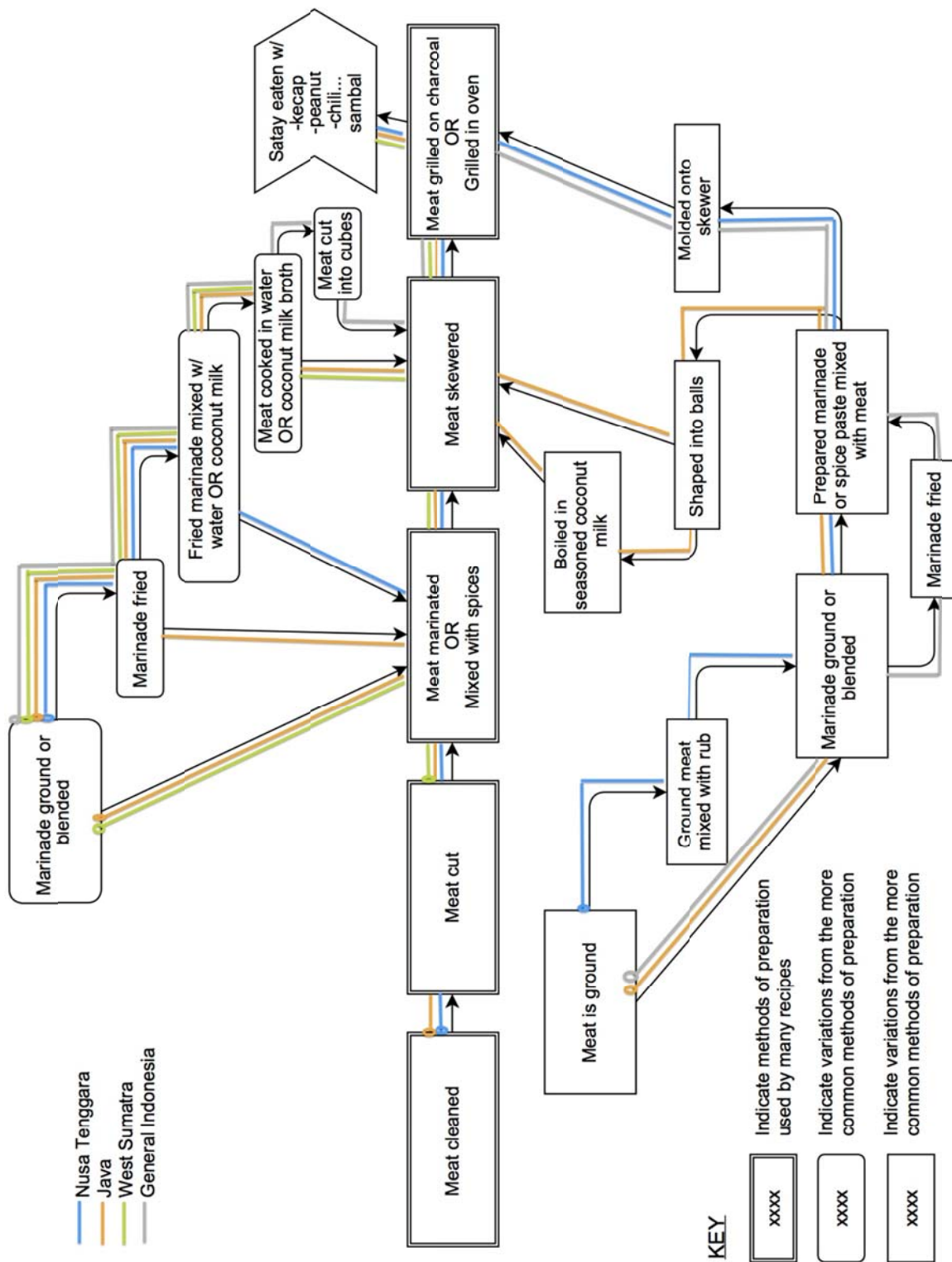
As part of the drafting of the flowcharts for each recipe, one general result for all recipes in all regions was that the way the recipe instructed the cook to cut the protein in the beginning initiated the combination of certain subsequent preparation methods. For example, in recipes for bundled filling that instructed the cook to leave the protein whole, there followed a combination of preparation methods, which all the recipes followed regardless of the region. For example, in the recipe for *palai ikan* from West Sumatra, which started with a whole fish, the recipe emulated the preparation methods of all the recipes for bundled filling that begun with a whole fish—scoring the fish, laying it on a

banana leaf, and covering it in spices. This was in contrast to bundled filling recipes that began by mincing or mashing the protein. In the recipe for *pepes udang* from Java, for example, the recipe instructed the cook to mix the pounded or minced spices with the protein and then to build a loaf in the middle of the banana leaf before packaging.

## Satay

In satay recipes, no preparation method or combination of preparation methods were unique to a region. The recipes with the same name and the recipes that began with the same method of preparation of the protein did not, however, have identical preparation methods (Figure 1).

For satay recipes, there were three main combinations of preparation methods based on how the proteins were prepared initially. The first method of preparation was recipes that cut the protein into cubes. The second preparation method was recipes that ground the protein. And the third method of preparation was recipes that used several different kinds of proteins that all required varying methods of preparation before being ready to be seasoned and skewered. For example, in the recipe for *sate Padang* from West Sumatra, offal, tongue, and liver were precooked separately until tender and then cut into bite-sized pieces and seasoned before skewering. For satay recipes, there were some preparation methods around which recipes revolved and these were: 1) clean, 2) cut, 3) marinate, 4) skewer, and 5) grill. These preparation methods, displayed in the middle route of Figure 1, became the main structure from which preparation methods for different satay recipes branched off. *Sate babi* from Nusa Tenggara and *sate* from Java



**Figure 1.** Preparation Methods for Satay (*Sate/Satai*)

were examples of recipes that followed this middle route exclusively without the additional preparation methods of making a spice paste.

The upper route in Figure 1 displays the second combination of preparation methods based on how the proteins were prepared initially. In this combination, the recipes utilized the making of a spice paste but after this preparation method, the recipes made use of different preparation methods to arrive at a finished product. This showed that there were several different methods of preparation of recipes for satay made with a spice paste. For example, in West Sumatra, the recipe for *sate manis* instructed the cook to immediately add the uncooked spice paste to cut-meat for marinating. But in the recipe for *sate ampet sasak* from Nusa Tenggara, which resembled the recipes for *sate Padang* from West Sumatra, the spice paste was first fried before being added to the cut-meat. In these recipes for *sate Padang*, though, after the spice paste was fried, water or coconut milk was added to the pan and the meat was actually precooked before skewering. The recipes in this upper route did not necessarily have identical recipe names. Instead, the way the recipe instructed the cook to cut the protein initially was the same. All the recipes in the upper route instructed the cook to prepare a spice paste, but recipes called for different preparation methods in order to arrive at a finished paste that could be used for marinating the protein.

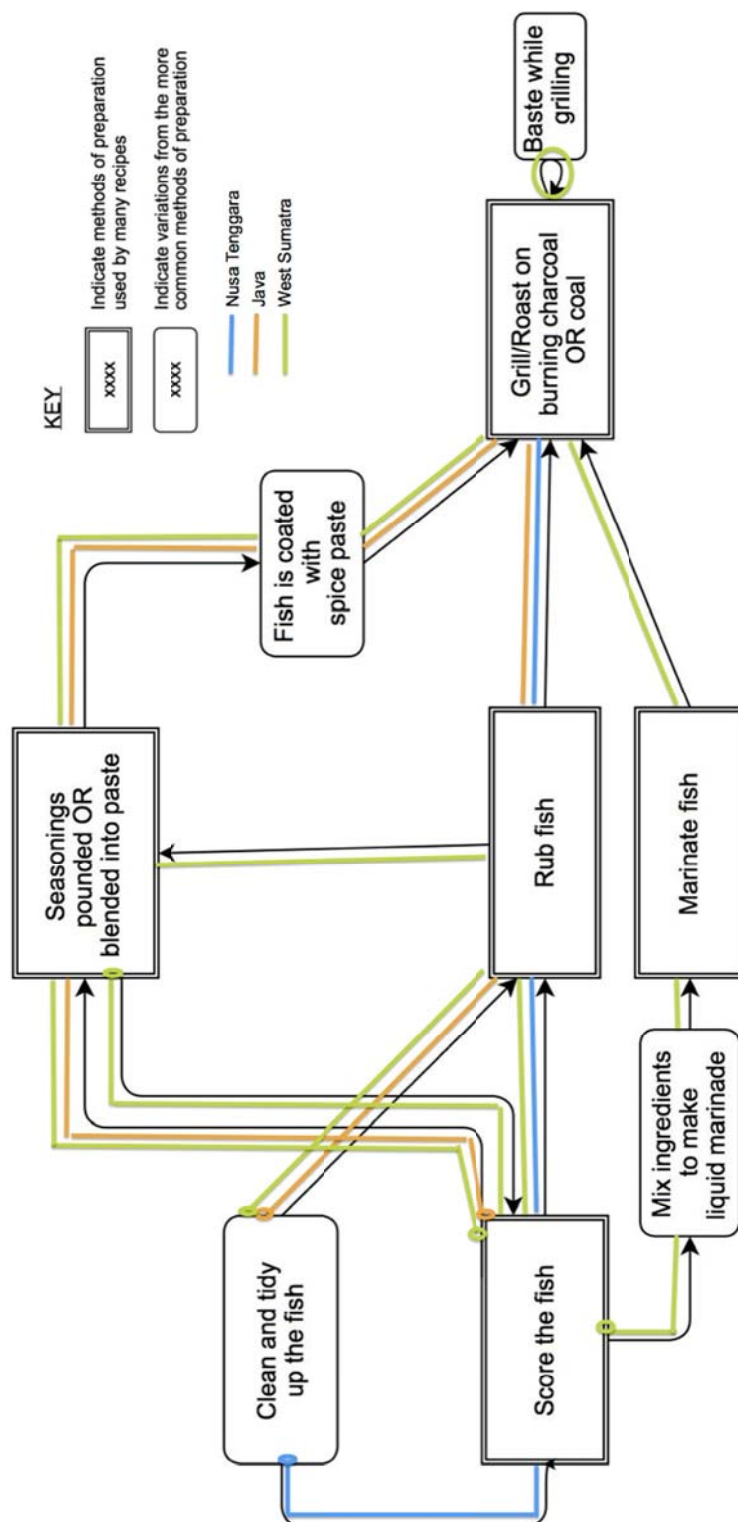
The recipes in the bottom route of Figure 1 show the third combination, beginning with the first method of grinding the meat. These recipes were from the regions of Nusa Tenggara, Java, and general Indonesia, but not West Sumatra. In the recipe *satay daging giling* from Java, the ground meat was mixed with a prepared spice paste, shaped into oval balls, skewered, and then grilled. In another recipe from Java that used ground meat,

*satay pentul*, the oval-shaped balls were not directly skewered but were precooked by boiling in coconut milk before they were skewered and grilled. In the recipe for *satay pusut/pentul* from Nusa Tenggara, the recipe first instructed the cook to mix the ground meat with a salt/lime rub and only then with a prepared spice mix, not paste. In this recipe the meat mixture was shaped onto the skewer in a sausage-like form and grilled. The meat mixture was also shaped directly onto the skewer in the recipe for *sate lilit bebek* from general Indonesia. While the names for ground meat satay were not identical, I compared these recipes because the initial method of preparation of the meat was the same.

### Grilled Fish

Recipes for grilled fish across the three regions had the same name throughout all the cookbooks, and these recipes differed by whether they grilled the fish dry or with a paste, and whether they applied a rub or let the fish marinate in a sauce. But no preparation method or combinations of preparation methods was found to be unique to a region.

Figure 2 shows the methods of preparation for grilled fish (*ikan panggang/bakar*) from the regions of Nusa Tenggara, West Sumatra, Java, and general Indonesia. All regions' recipes instructed the cook to clean the fish before continuing with other methods of preparation. In addition, the instructions for *ikan panggang* from Nusa Tenggara instructed the cook to descale the fish, a preparation method the recipes from other regions did not clarify. All recipes for *ikan panggang/bakar* instructed the cook to use a whole fish, and all regions had at least one recipe for *ikan panggang/bakar* that



**Figure 2.** Preparation Methods for Grilled/Roasted Fish (*Ikan Panggang/Bakar*)



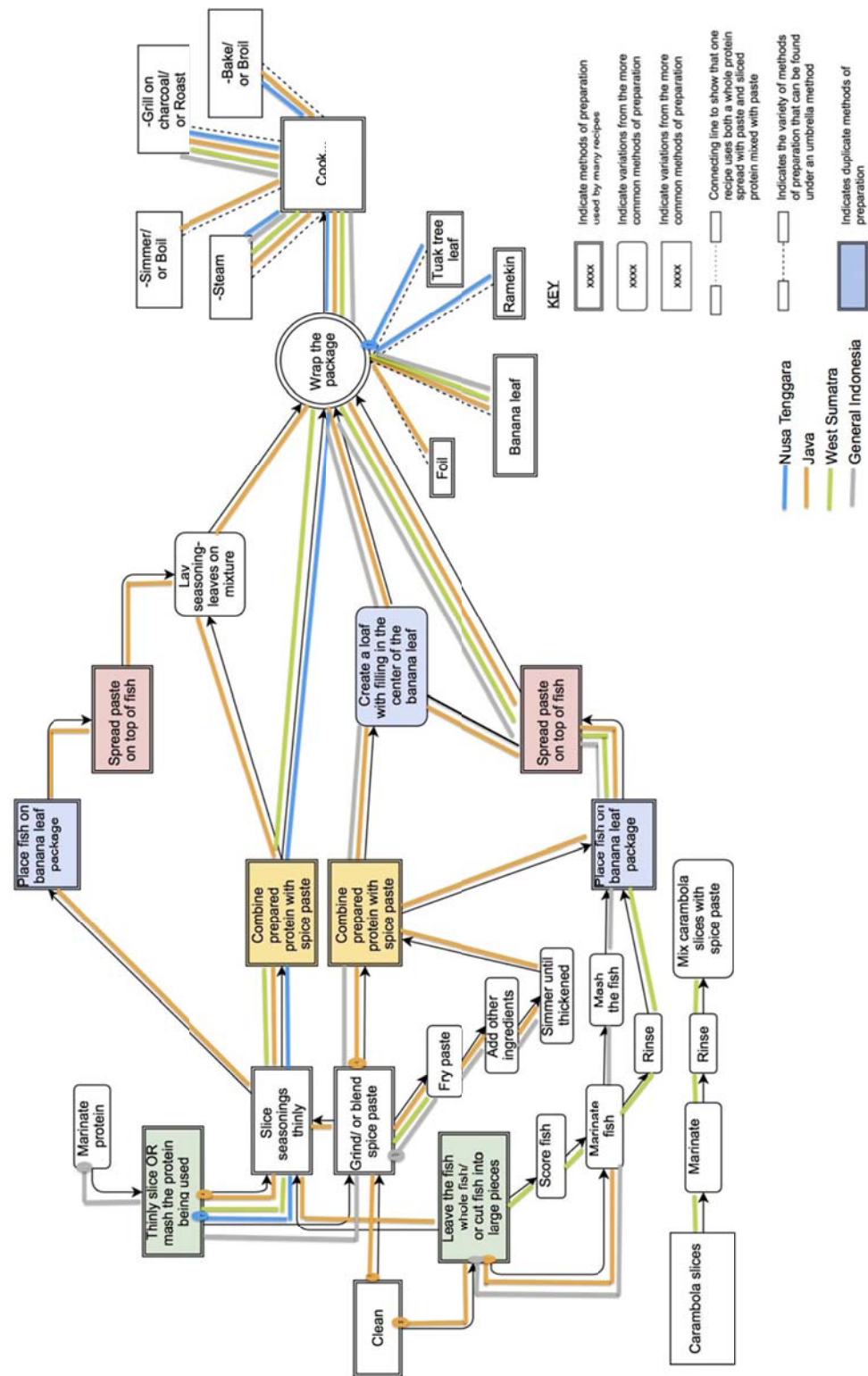
instructed the cook to slice, or score the fish. This method of preparation allowed the marinade or spice paste to penetrate the flesh of the fish. There were recipes from all three regions that instructed the cook to rub the fish with salt, and/or lime, and/or tamarind. *Ikan panggang* from Nusa Tenggara and *ikan bakar* from Java moved from this preparation method directly to the method of cooking. These recipes instructed the cook to directly grill the fish (without the application of a spice paste) after it had been rubbed. But all recipes for *ikan panggang/bakar* from West Sumatra, and in the recipe *gurami bakar*<sup>5</sup> from Java, instead instructed the cook to make a spice paste to coat the fish before it was grilled over burning charcoal. In the recipes for *ikan panggang* from West Sumatra and *ikan bakar* from general Indonesia, the fish was left to marinate in a liquid marinade for at least 30 minutes before it was grilled. In these two recipes, the marinating replaced the preparation method of rubbing the fish with salt/lime/tamarind. Also, in these two recipes, the fish was basted in its marinade while being grilled.

### Bundled Filling

In Figure 3, Preparation Methods for Bundled Filling (*Pepes/Palai*), the recipes for bundled filling had diverse methods of preparation across regions, but no one region possessed a method of preparation exclusive to that region. The recipes for bundled filling used different kinds of protein, which all required their own unique methods of preparation, and based on this, I identified four methods of preparation around which recipes clustered. These four methods were: 1) cleaning, 2) cutting, 3) making the spice paste, and 4) packaging. The recipes for bundled filling either instructed the cook to

---

<sup>5</sup> Gurami is a type of fish.



**Figure 3.** Preparation Methods for Bundled Filling (*Pepes/Palai*)

prepare the protein initially by leaving it whole, as in whole fish or shrimp, or alternatively, by thinly slicing, mincing, or mashing the protein into a mixture.

The way of preparing proteins in these recipes affected the way spices were added to the proteins and thus the final product. The spice pastes were made from ingredients that were both pounded with a mortar and pestle or blended in a blender, and made from seasonings that were thinly sliced. In recipes that left the protein whole, like in *pepes ikan* from Java and *palai ikan* from West Sumatra, the spice paste and thinly sliced spices were spread over the fish before bundling. Alternately, in recipes that thinly sliced or minced the protein, like *boboto* from Nusa Tenggara, the recipe instructed the cook to mix the pounded or blended spice paste, and thinly-sliced seasonings, with the protein to create a uniform mixture that the cook then formed into a loaf before bundling. Another differentiation in the method of preparation of bundled filling depended on whether the spice paste, or sliced spices, were left uncooked or were precooked before mixing with the protein. In *pais ikan dengan udang* from Java and in *pepes ikan belida* from general Indonesia, the spice paste was first fried and simmered with coconut milk or tamarind water, respectively, until thickened into a sauce. Only then was the seasoning sauce spread over the whole protein. In *palai ikan* from West Sumatra, *pepes udang* from Java, and *pepes ikan* from general Java, the recipes coated the fish in uncooked spice paste before packaging.

To package and cook the filling, bundled filling recipes instructed the cook to use various materials and different ways of cooking, from banana leaves to ramekins, and from grilling to steaming. When packaging with a leaf wrapper, the recipes all asked the cook to set the whole protein or protein paste mixture in the middle of the wrapper. Then

the recipe instructed the cook to fold the sides of the wrapper over the filling and either tuck, twist, or secure with a bamboo pin or toothpick, the ends. In recipes from West Sumatra, Java, and general Indonesia, recipes used banana leaf wrappers to package the filling. In the recipe for *ikan pepes* from Nusa Tenggara, the leaf of a tuak tree, a kind of palm, was used to bundle the filling. Other kinds of packaging included aluminum foil, used in *pepes otak* and *pepes udang* from Java, or ramekins, used in *boboto* from Nusa Tenggara. The bundled fillings were then grilled, boiled, steamed, or baked in an oven. In all regions, there were recipes that grilled the packages on charcoal, for example, *ikan pepes* from Nusa Tenggara, *palai ikan* from West Sumatra, *pepes ikan* from Java, and *pepes ikan* from general Indonesia. The recipe for *pepes ikan* from Java also asked that the cook boil the bundled filling, instead of grilling it. In the recipe for *pepes ikan* from general Indonesia, the package was steamed. However, in other recipes, the cook baked the bundled filling in the oven, for example in *boboto* from Nusa Tenggara, *pepes udang* from Java, and *pais ikan dengan udang* from Java.

### Spices Map

The regional comparisons of ingredients used in spice paste mixtures showed that while there were common ingredients in all three regions, a region's satay ingredients were more likely to resemble the ingredients of their geographic neighbor than a region further away, and each region has some ingredients that were unique to their satay recipe only.

In Figure 4, the map shows the spice paste ingredients unique to a region in recipes for satay. I used the map to see if there were differences or trends between



Figure 4. Unrepeated Ingredients for the Spice Paste in Satay Recipes by Region

regions. The map shows that recipes for satay from Nusa Tenggara, West Sumatra, and Java all use chili, ginger, tamarind, and coriander in their spice pastes. Ingredients used in satay recipes from West Sumatra were more likely to have similar ingredients to recipes from Java than with recipes from Nusa Tenggara. Likewise, ingredients found in recipes from Nusa Tenggara were more likely to share ingredients with recipes from Java than with recipes from West Sumatra. For example, recipes from Nusa Tenggara and Java both use sugar and/or sweet soy sauce (*kecap*), but recipes from West Sumatra do not. West Sumatra and Java recipes use turmeric, coriander, cumin, black pepper, cinnamon, and lemongrass, but the recipe from Nusa Tenggara does not. Recipes for satay from West Sumatra were the only recipes out of the three regions to use galangal, lesser galangal (*laos*), kaffir lime leaf or zest, *salam* leaf, and tomato in the spice pastes.

In summary, methods of preparation of a recipe for the three regions took different paths that overlapped and were unable to distinguish a region. Still, the national recipes examined in cookbooks were not identical across all regions either. Recipes called for varying methods of preparation in order to arrive at a finished dish. Some variable other than regional identification caused the differing interpretations of the national recipes, and I explore this next in the discussion. Also, recipes that started with the same method of preparation of the protein often shared a similar combination of preparation methods. In the national recipes for satay, grilled fish, and bundled filling, there were some methods of preparation around which recipes clustered. No recipe demonstrated a unique method of preparation or combination of preparation methods exclusive to a particular region. The map of unique ingredients used in spice paste for satay recipes shows that it may be possible to signify regional identification with a future examination of ingredients.

## VI. DISCUSSION

In this section, I discuss the importance of my results to Indonesia and to national cuisine and identity research. My conclusions were 1) regional specificity was not discernable in methods of preparation of national recipes; and 2) the methods of preparation of national recipes varied and were, thus, not uniformly prepared in the same way across Indonesia. The research I conducted added additional regional recipes to the national catalog of food cultural practices collected in the IPNB project, which was conducive to the project's goal of strengthening national unity through increasing knowledge about regional food practices. Through my research, I found that national recipes emerged from cookbooks, which indicated that there was a shared national identity in different regions of Indonesia. But this shared national identity did not lead to a uniform set of preparation methods and instead, there were varied interpretations of national recipes. The conclusions suggest that despite the attempt by powerful interests in Indonesia to foster a homogenous national unity by creating a uniform national cuisine, actually variation in the interpretation of the same national recipe marks the heterogeneous nature of Indonesian cuisine. In this section, I also discuss the methodology I used and how it was useful for expanding the ways scholars of food and identity study national cuisine.

The collection of different preparation methods generated a compilation of additional regional recipes that made important contributions to the understanding of

Indonesian food cultural practices, specifically within the context and goals of the Inventory and Development of Cultural Values Project (IPNB). The research added additional regional recipes, which brought depth to the catalog of food practices already compiled by the IPNB project. Additional entries into this national catalog of food cultural practices from sources other than the government survey provided a greater diversity of sources and perspectives. One benefit of this was that by increasing the sheer number of recipes documented, there was an increased likelihood that the recipes would cover more food practices and become more accurately representative of existing practices. Understanding a region's food cultural practices was useful to the goals of the IPNB project because the greater awareness of one's own practices, and those of another, could strengthen national unity, a goal of the project. It was also possible that a greater awareness and understanding of food cultural practices could bring about more tolerance for differences within the archipelago.

The second conclusion, that methods of preparation of national recipes were not uniform across the three regions, also contributed to enriching the food cultural practices and the examination of national identity in Indonesia. First, the existence of national recipes, which had not been dictated by the government but had emerged from cookbooks, showed that there was a shared food cultural practice, which indicated a common national identity between different regions. Second, the variations in interpretations of methods of preparation of national recipes demonstrated that the construction of a national identity through national cuisine did not impede other expressions of identity. The pressure to conform to the national identity did not subsume other forms of identity, for example, ethnic, cultural, and regional identities, but instead, these other identities still existed, as



evidenced by the diversity of ways national recipes were interpreted. These insights into food cultural practices and identity in Indonesia contributed to the goals of the IPNB project by identifying national recipes that helped fortify national unity, yet demonstrated different regional interpretations, adding to the understanding of the diversity of food cultures in Indonesia.

The heterogeneous nature of the preparation methods of national cuisine in Indonesia suggested that there were different players involved in the construction of a national cuisine. Both powerful interests and underrepresented groups played a role in the making and defining of a national cuisine. In Japan, powerful interest groups touted national cuisine discourse as a way to reinforce national identity (Hiroko 2008). National cuisine was also a place where underrepresented groups had a voice on the national stage. For example, in colonial Mexico, Mexican nationalists incorporated the food traditions of women and lower classes into the new, Mexican national identity (Pilcher 1996). In the case of Indonesia, however, national cuisine was not codified and easily classifiable. The results showed regional differences in national recipes, which indicated that no one group, powerful or not, dominated the definition of the Indonesian national cuisine. This result contrasted with the national cuisine narrative that powerful political actors drive the creation of a national cuisine, but aligned more closely with Arjun Appadurai's (1988) case study of India where national cuisine emerges from the advent of specialized cookbooks for specific audiences. It was also true, however, that in Indonesia, powerful political actors tried to direct national cuisine, as Lisa Klopfer (1993) explained in her paper on Minangkabau food and Padang restaurants. Instead, my results showed that regions prepare national recipes in different ways, suggesting that the efforts of the

powerful elite have not been entirely successful. This demonstrated that it was useful and meaningful to analyze regional variations in the expression of national cuisine to explore the heterogeneous nature of national cuisine in Indonesia, which powerful and underrepresented groups both influence.

My methodology added new information to older studies because the focus was on preparation processes instead of the finished product, and it added depth to the analysis of food and identification by complicating the relationship between the history and construction of national cuisine. This methodology reversed the way we study a recipe by taking foods that look the same and exhibiting how, upon closer analysis, they were actually prepared in quite different ways. The unit of scrutiny moved from a finished dish to the process used in making the dish. This methodology could answer questions about the availability of safe, quality ingredients. For example, did the recipes for *ikan bakar* from West Sumatra use spice paste because the flavor of the fish was not particularly good due to low quality ingredients, or possibly due to polluted waterways? This methodology could possibly answer questions about time saving and convenience; for example, did the recipe for *ikan bakar* from Java forgo the making of spice paste because the intended audience of the cookbook wanted to save on time and energy in the kitchen? This methodology could also answer questions about taste and texture preferences; for example, in the same recipe noted above, was spice paste used to coat the fish in West Sumatra because the people there like fish served moist? None of these insights may be obtained by only observing the finished product of each recipe, but the researcher could draw conclusions by taking apart the recipe and looking at the processes of methods of preparation.

Studying the processes involved in the making of food put the two-dimensional final product into three dimensions by contextualizing the cook and the kitchen, among other things. This was illuminated by the study of the many preparation methods involved in the process of preparing food, which allowed for more points of analysis within a single recipe as well as more places to compare different recipes to one another outside of comparisons that just considered the finished product. This methodology could answer questions about different technologies and how they change over time, which could say something about economic shifts. It could also answer questions about timing in the kitchen and how space, tools, and other people were utilized and about the number of hands required for the successful preparation of a finished recipe. All of these ruminations could enrich studies in the social sciences. Where a finished recipe provides some information, the study of the processes needed to arrive at a finished product deepens the discussions about geography and identity (Lerida and Apolonia 2010), economics, and social arrangements.

This research paper was limited in its scope and had several limitations. The body of sources studied could have been larger, which would have strengthened the findings about the regional comparisons of preparation methods by providing more recipes to compare in each region category. Cookbooks as a source presented challenges in the analysis of methods of preparation in recipes because their descriptions, although detailed, were often not precise enough to address the nuances of differences in methods of preparation, for example, the direction in which a carrot's skin is shaved. Cookbooks may capture different ways of preparing the same dishes, but often the author does not bring up this information, or if they do, it is found in the introductory sections where the

author's descriptions do not typically assign a distinct region to these differentiations. This was overcome by looking at the broad distinctions between methods in recipes, such as leaving the protein whole or sliced, rather than the fine detailed variations within a method, such as the direction to peel a carrot. Cookbooks also presented other issues because although my concern in this study was with the information within the pages of the cookbook almost exclusively, the cookbook also had an author who commanded control over the topics covered in a book and the details provided to the cookbook reader.

Both the time period in which the cookbook author wrote and audience to whom they wrote affected the descriptions of methods of preparation in recipes. For example, methods of preparation changed as kitchen tools transformed over time due to economic conditions that increased personal wealth and the widespread use of electricity. Cookbooks written after the nineteen-eighties instructed cooks to use modernized alternatives to older preparation techniques, for example, in Rosalind Mowe's (1998) and Ghillie Basan and Vilma Laus' (2007) cookbooks. Spice pastes served as the base in many recipes from Indonesia and were typically ground using a mortar and pestle. But in some of the newer books, the author replaced this technique with the modernized method of blending or processing the paste in a blender or food processor. This affected my ability to compare preparation methods to one another because the situations the authors described were so different, even for the same recipe. But it did broaden the number of methods of preparation and added another layer in the analysis of the similarities and differences of preparation methods. This limitation did not affect my analysis, however, because I grouped together old and new technologies that accomplished the same preparation method. For example, in my flow charts, I grouped both the pounding of

spices in a mortar and pestle together with blending the spices in a blender or food processor.

The audience to whom the cookbook author wrote influenced the topics covered in the cookbook, both the ingredients asked for in recipes and the way the author communicated the recipe to the cook. For example, in books written for a Western kitchen, the author instructed the cook to use different ingredients than in books aimed at an Asian kitchen. In Marks and Soeharjo's (1981) cookbook targeted for the American kitchen, the recipes called for powdered spices to make spice pastes and sambals, which was different than cookbooks for Asian audiences that called for fresh ingredients. In cookbooks targeted toward a Western audience, detailed accounts of the recipe, the cooking techniques, and the ingredient all accompanied the recipe. This kind of recipe was usually found in cookbooks whose intended audience was assumed to use a Western kitchen. In cookbooks for Indonesian audiences, often the cookbook author described the preparation steps in a nonspecific way, assuming the reader did not need detailed instruction about how to perform commonly known techniques. This affected my results by amplifying the differences between methods of preparation of the same dish. If the author targeted their book to a Western audience, ingredients and the tools needed to prepare recipes could be totally different than in recipes coming from cookbooks, which targeted their book to an Indonesian audience.

On the other end, cookbook authors made assumptions about their audiences that limited my ability to compare methods of preparation. Some cookbook authors left out details about methods of preparation because they assumed that their audience already possessed the necessary knowledge. The authors, instead, overlooked some methods of

preparation needed to execute a recipe. In Indonesian cookbooks, the omission of commonly known methods of preparation led possibly to an exaggerated difference when comparing methods of preparation between regions. For example, in the recipe for *ikan bakar* from Java, the author instructed the cook to clean the fish and roast it on burning charcoal. There were no details about how the cook should clean the fish or roast the fish. Additionally, there were two ingredients listed that the author did not address at all, salt and lime. This author's intended audience was someone from Indonesia or someone intimately familiar with Indonesian food, and the author made an assumption about their audience's knowledge of the preparation methods needed to make the recipe.

The cross-section of cookbooks in my source-set provided a diverse sampling of recipes and these cookbooks had limitations, but I accounted for them in my research. In this section, I acknowledge the limitations but they do not discount the work in this research paper.

## VII. CONCLUSION

The main idea for this research paper was to explore the regional expression of national cuisine. In Indonesia, this matters because identity has a complex history and national cuisine is one place identity is contested. Stability in Indonesia relied on national unity and the creation of a national identity. The philosophical foundation of the Indonesian state, the Pancasila, had as one of its five tenets the emphasis of unity in Indonesia. The Indonesian government tried to ensure national unity through the outward recognition of cultural and regional differences, while funneling all those diversities and any expression of regional sovereignty into the idea of one nation and one national identity. Powerful actors in the Indonesian government strengthened national unity through the creation of a national cuisine. The construction of a national cuisine implied the combining of cultural, regional, and ethnic identifications so that these identifications were no longer apparent and were no longer important as compared to the national association. But my experience in Indonesia suggested that there were regionally distinct ways of preparing foods across the archipelago. Therefore, I questioned, how are national recipes prepared in three different regions across Indonesia and is regional specificity discernable in preparation methods?

As it turned out, regional identification did not prove to be linked to preparation methods of national recipes. I could not find any preparation method coupled with a specific region, but instead found overlapping preparation methods in all three regions.

While methods of preparation were not plainly associated with one region, I did observe that for the three national recipes examined, not all the preparation methods across regions were identical. The effectiveness of the Indonesian government to use national cuisine to reinforce and propagate a uniform national identity was brought into question. Variations in preparation methods of national recipes demonstrated that other forms of identity had stronger influence and were still being actively cultivated. Thus, differences in preparation methods did indeed signify a kind of identification but regional identification was not the cause of the variation I witnessed in Indonesia with the peeling of the carrot. Between regions, the inclusion of regional identification, with cultural or ethnic identity, or examining ingredients in more detail, would further inform variation in food preparation methods of national recipes. While preparation methods did not exhibit clear links to regional identification, based on the cookbooks I assessed and the limitations I outlined, it is quite likely that given a larger selection of cookbooks, additional sources, and controlling for time period and audience, such a relationship may be observed.

A contribution of this paper was the methodology, which was to break apart national recipes into their regional components by examining the processes involved in arriving at a finished dish. This methodology suggested that if the researchers changed their focus from outcome to processes, they may get different answers than had they studied the national recipe outcome only. While the recipes I chose to analyze all had the same finished product—satay, grilled fish, or bundled filling—their methods of preparation showed that there were different interpretations of the same dish in Indonesia. The examination of the processes employed to arrive at a finished product, or recipe,



revealed differences in these recipes that the researcher could not discern had they ignored the methods of preparation. This thesis presents an alternative methodology for studying national cuisine by examining the processes of making a national dish. This is opposed to a more conventional analysis that studies the final product of a national dish only. If taking this more established route, the place and process become abstracted. Studying preparation methods, or the process, in national recipes brings dynamism to the finished product of a recipe and creates meaning in the way a community prepares their food. Lerida and Apolonia (2010) said that the preparation techniques of a community give that community a sense of self. Some of the potential questions researchers can answer using this method of analysis are questions about technologies and economic shifts, and about social arrangements and the way different groups organize their time, for example. My methodology suggests that if the authors who have researched national cuisine and identity change the way they measure something, they may get different results.

## APPENDIX A

### SPREADSHEET 1. ASSESSMENT OF COOKBOOKS FOR INCLUSION IN THE STUDY

Author (last, first)	Title	Year published	Edition(s)	Place of publication	Place of printing	Publisher	Organization	Region covered
<b>Arokiasamy, Christina</b>	The Spice Merchant's Daughter - Recipes and Simple Spice Blends for the American Kitchen	2008		New York		Clarkson Potter/Publishers	Spices and aromas. the chapters teach you how to use spices, herbs, n seasoning sauces to enhance the depth and flavor of everyday meals. Chapters: meals (appetizers, salads/soups, veg dishes, poultry...)	Mostly Malaysia; also Bali, Java
<b>Asidah, Siti</b>	Kitab deradjat istri: (Ilmoe peladjaran bikin koewe-koewe dan masakan-masakan)	1935	2nd edition	Kediri		Boekhandel Tan Khoen Swie		Java
<b>Başan, Ghillie and Laus, Vilma</b>	The Food and Cooking of Indonesia and the Philippines	2007		London	Singapore	Aquamarine	Introductions about the countries. Then chapters are broken down into kinds of food, ex: soups; street snacks; rice, noodle; fish; meat; sweets.	Indonesia and Philippines. Java; N. Sumatra; Bali; Maluku; mostly recipes regarded as "Indonesian"
<b>Berecny, Wendy</b>	Step-by-Step Indonesian Cooking	1992		Singapore		Periplus	Organized by mains (ex: soups/satays/accompaniment s, rice n veggies, meat n poultry	Indonesian dishes- does not distinguish recipes
<b>Bhumichitr, Vatcharin</b>	Vatch's Southeast Asian Cookbook	1997		Great Britain; New York		St. Martin's Press	Intro to each country followed by recipes from respective countries that could be "authentically"reproduced in the West	NO Indonesia- Thailand; Laos; Cambodia; Vietnam; Burma; Malaysia; Singapore
<b>Brennan, Jennifer</b>	The Cuisines of Asia: Nine great oriental cuisines- by technique	1984		New York		St. Martin's/ Marek	Encyclopedic, Intros to each country, then recipes organized under specific cooking techniques rather than under meal course, main ingredient or country	China, India, Indonesia, Japan, Korea, Malaysia, The Philippines, Thailand, Vietnam
<b>Brissenden, Rosemary</b>	Southeast Asian Food- classic and modern dishes from Indonesia, Malaysia, Singapore, Thailand, Laos, Cambodia, and Vietnam	1969	4 editions	United States	United States	Periplus	recipes are arranged according to the style of cooking rather than by main ingredient.	Jakarta, N. Sumatra, W. Java, Madura, Macassar, Padang (W. Sumatra), Java, Javanese, E. Java,

								Sulawesi, Sumatra, Bali, Dutch Java, Semarang, Mendano(?), Banten
<b>Castella, Krystina</b>	A World of Cake - 150 Recipes for Sweet Traditions from Cultures Near and Far	2010		Massachusetts	China	Storey Publishing		
<b>Darnys, Raf</b>	Makanan : wujud, variasi, dan fungsinya serta cara penyajiannya daerah Nusa Tenggara Timur	1991		Jakarta		Proyek Inventarisasi dan Pembinaan Nilai-Nilai Budaya		
<b>Haryanti, Titi, Yetti Herayati, and Nia Masnia</b>	Makanan : wujud, variasi dan fungsinya serta cara penyajiannya pada orang Sunda di Jawa Barat	1993		Jakarta		Proyek Penelitian Pengkajian dan Pembinaan Nilai-Nilai Budaya		
<b>Jaffrey, Madhur</b>	Madhur Jaffrey's Step-by-step Cooking - Over 150 Dishes from India and the Far East, including Thailand, Vietnam, Indonesia, and Malaysia	2000		United Kingdom; United States	Portugal	Ecco (Imprint of Harper Collins Pub.)	Intro to Indonesia, 10. Full color photos demonstrating preparation techniques, 12. Everything listed only as "Indonesian."	India and the Far East, including Thailand, Vietnam, Indonesia, and Malaysia
<b>Kartinah, R. A.</b>	Resep Dapur	1963	8th edition	Djakarta		C.V. Murnibaru		
<b>Marks, Copeland and Soeharjo, Mintari</b>	The Indonesian Kitchen	1981		New York		Antheneum	Organized by ingredients (ex: soup n noodles, mostly chicken, mostly beef, veg for the vegetarian, fritters/garnishes/chips, ways w/ the egg...) And aimed toward the American kitchen	Several islands: Most recipes from Java n Sumatra. Some recipes labeled "All Indonesia". Details: JAVA- Central Java (Klaten, Wonosobo), Jakarta, East Java (Sunda, Madiun, Kediri), Soerabaja, Tuban, Solo,

								Semarang, West Java (Bogor, Bandung), Soerabaya, Sidoarjo; MADURA; SUMATRA- West Sumatra; SULAWESI (Menado); BORNEO- KALIMANTAN; BALI; MOLUCCAS (Ambon)
<b>McNair, James K.</b>	James McNair Cooks Southeast Asian	1996		San Francisco	Hong Kong	Chronicle Books		Thailand, Malaysia, Vietnam, Burma, Philippines, Cambodian...
<b>Mowe, Rosalind (Ed.)</b>	Southeast Asian specialties - a culinary journey through Singapore, Malaysia, and Indonesia	1998	1999, English ed.	Germany		Culinaria Konemann	Encyclopedic, in-depth look at specific key ingredients, by country. (Kind of like the Eye-Witness© Books)	Singapore; Malaysia; Indonesia (Java (C. Java, Jakarta); Sumatra (West (Minangkabau), North); Chinese-origin foods; Moluccas; Bali)
<b>Mukmin, Siti</b>	Buku masakan Thursina	1962	14th edition			Esbe Dng.		
<b>Nurana, and Ahmad Yunus</b>	Makanan, wujud, variasi dan fungsinya serta cara penyajiannya daerah Sumatera Barat	1986	1991	Padang		Proyek Inventarisasi dan Dokumentasi Kebudayaan Daerah		
<b>Oseland, James</b>	Cradle of Flavor - Home Cooking from the Spice Islands of Indonesia, Malaysia, and Singapore	2006		New York; London		W.W. Norton & Company	Condiments, Street foods, Rice n Noodles, Vegetables, Fish...	Singapore; Banda Islands; Padang, W. Sumatra; Java; Malaysia;
<b>Owen, Sri</b>	Indonesian Food and Cookery	1976	1986	London		Prospect Books	arranged, by recipe, according to main ingredients (rice, fish, beef, lamb...)	Java (Yogyakarta, Javanese, central Java, Jakarta, West-

								Sundanese; Sumatra (West- Minangkabau); Sulawesi (Bugis, Menado); Pork; Bali; Nusa Tenggara Timur (Alor); Lombok
<b>Owen, Sri</b>	The Indonesian Kitchen - Recipes and Stories by Sri Owen	2009		Massachusetts	China	Interlink Books	Narrative of major shifts in Ms. Owen's life as told through recipes; recipes broken down under these categories: staples n basics; methods and techniques; food for celebrations	Almost all the "classic" dishes of Java and Sumatra. Additional recipes from Bali, Sulawesi, Kalimantan, and Irian Jaya
<b>Owen, Sri</b>	The Classic Asian Cookbook	1998		New York		DK Publishing, Inc.		
<b>Selva Rajah, Carol Tumenggung, Ch. Sj. Dt.</b>	Heavenly Fragrance - Cooking with Aromatic Asian Herbs, Fruits, Spices and Seasonings	2007		Singapore, Hong Kong, Indonesia	Singapore	Periplus Editions	AROMAS are main focus; Chapters: Cooking with aromatic Asian...herbs, ...fruits, ...spices, ...seasonings. Each chapter gives list of common ingredient to this category and then has recipes to follow.	Malaysia (many Chinese n Indian influenced dishes, with some reflecting western (Australia) ingredients).
<b>van de Weerdt- Schieffellers, Elsy</b>	Indonesian Cuisine - "Selamat Makan"	1998		Arizona		Pulido Publications Inc.	Organized by ingredients used	Indonesia; Java; Eurasian; Bali;
<b>van Esterik, Penny</b>	Food Culture in Southeast Asia	2008						
<b>von Holzen, Heinz and Arsana, Lothar</b>	The Food of Bali - Authentic Recipes from the Island of the Gods	1996		Singapore		Periplus Editions	Intro to Bali; Intro to Balinese kitchen n cooking methods; Basic recipes; recipes broken up by main ingredient (ex: soups, meat, satay, poultry...)	Bali

<b>von Holzen, Heinz and Arsana, Lothar</b>	The Food of Indonesia - Authentic Recipes from the Spice Islands	1999		Singapore		Periplus Editions	Intro to Indonesia; Intro to Indonesian kitchen n cooking methods; Basic recipes; recipes broken up by type n main ingredient (ex: appetizers, soups, rice, veggies, seafood...)	Irian Jaya; Java (Sundanese, Javanese, Pekalongan (N coast of C. Java)); Madura; Sumatra (North, West (Padang)); Maluku Islands (Ambon); Sulawesi (Makasar, Bugis, Manado); Bali; Kalimantan (West, South, Dayak); Indian-Muslim street snack, Timor, Lombok
<b>Wells, Troth</b>	The World of Street Food	2005		United Kingdom; Hong Kong		New Internationalist Pub. Ltd.	Country- Asia (list some Indonesian dishes)	Indonesia, in general
<b>Wongso, William and Tobing, Hayatinufus A.L.</b>	Indonesian Cakes and Desserts	2002		Singapore		Periplus		
<b>Wongso, William and Tobing, Hayatinufus A.L.</b>	Spicy Padang Cooking	2004		Singapore		Periplus		

## APPENDIX B

### SPREADSHEET 2. DETAILS FOR COOKBOOKS INCLUDED IN THE STUDY



Author (last, first)	Book title	Year published	Language	Layout/Organization	Cookbook audience	Illustrations? Color/B&W?	How would I categorize the cookbook?	Usefulness to me	Author's experience in the region
<b>Başan, Ghillie and Laus, Vilma</b>	The Food and Cooking of Indonesia and the Philippines	2007	English	Introductions about the countries. Then chapters are broken down into types of meals, ex: soups; street snacks; rice, noodle; fish; meat; sweets.		Full-color photos	Places equal weight on veggies and meat (Some other books tend to mention veggies as an afterthought).	good intros to different kinds of foods (ex: soups, street snacks...)	1) Traveled widely through Asia as a food and travel writer, authored other cookbooks about Turkey, the Middle East, North Africa and Southeast Asia. Spent her childhood in East Africa, followed by a Cordon Bleu Diploma and a BSc in Social Anthropology from Edinburgh University; 2) cook trained at the Cordon Bleu. She runs her own catering business specializing in Filipino, Chinese and French cuisine.
<b>Darnys, Raf</b>	Makanan: Wujud...Nusa Tenggara Timur	1991	Bahasa Indonesian		Researchers interested in using the data collected	No			?
<b>Haryanti, Titi, Yetti Herayati, and Nia Masnia</b>	Makanan: Wujud...Orang Sunda di Jawa Barat	1993	Bahasa Indonesian		Researchers interested in using the data collected	B&W Photographs			?
<b>Marks, Copeland and Socharjo, Mintari</b>	The Indonesian Kitchen	1981	English	Organized by ingredients (ex: soup n noodles, mostly chicken, mostly beef, veg for the vegetarian, fritters/garnishes/chips, ways w/ the egg...)	the American kitchen	No illustrations	Reflects the era in which it was written- agriculture was still a very big part of Indo's GDP. Recipes altered for an American kitchen. Used a lot of powdered spices	Little intros to history behind each recipe re useful. Also for nasi goreng, perkedel, have recipes	1) in the Foreign Service and the import-export business before getting a late start writing about food. Traveled extensively in Indo. This was his

							to make bumbus.	for these dishes from diff regions.	first cookbook. Has written for Gourmet; 2) Soeharjo- is from C. Java
<b>Mowe, Rosalind (Ed.)</b>	Southeast Asian specialties - a culinary journey through Singapore, Malaysia, and Indonesia (originally: Culinaria Zuidoost-Azië )	1998	German, & English	Encyclopedic, indepth look at specific key ingredients, by country. (Kind of like the Eye-Witness© Books)		Full-color photos		Useful! Look at Contents (Kitchen description, p.265; good descriptions of the place of things in Indonesian eating culture, like fish, vegetables, as well as how they are commonly prepared)	
<b>Nurana, and Ahmad Yunus</b>	Makanan: Wujud...Sumatera Barat	1986	Bahasa Indonesian		Researchers interested in using the data collected	No			?
<b>Owen, Sri</b>	The Indonesian Kitchen - Recipes and Stories by Sri Owen	2009	English	Narrative of major shifts in Ms. Owen's life as told through recipes; recipes broken down under these categories: staples n basics; methods and techniques; food for celebrations		Full-color photos		Good historical context	See other entry for Owen
<b>Owen, Sri</b>	Indonesian Food and Cookery	1976	English	arranged, by recipe, according to main ingredients (rice, fish, beef, lamb...)		B&W Illustrations	Owen spends a lot of time in this book describing possible substitutions for the European kitchen	Lot of context and depth- Good examples of regional comparisons between one dish (discussing mostly ingredient changes)	Born and raised in Sumatra and Java. 40-years experience as cookbook author and culinary teacher.
<b>von Holzen,</b>	The Food of Indonesia -	1999	English	Intro to Indonesia; Intro to		Full-color photos		Most	1) exec chef at

<b>Heinz and Arsana, Lothar</b>	Authentic Recipes from the Spice Islands			Indonesian kitchen n cooking methods; Basic recipes; recipes broken up by type n main ingredient (ex: appetizers, soups, rice, veggies, seafood...)				comprehensive book I have found so far (2/4) on the ways cuisines change across Indonesia	Hyatt Bali n traveled throughout Indo for 2+ decades; 2) chef for 20 yrs in Indo and Balinese food
<b>Wongso, William and Tobing, Hayatinufus A.L.</b>	Spicy Padang Cooking	2004	English				Full-color photos		1) Born in east Java. He is a well- known culinary expert in Indo. He was not formally trained as a cook but learned through experience; 2) She has been in the culinary world for 30+ years. She was a teacher at a culinary vocational schol. She is the author of other cookbooks that are popular both in Indo and abroad.

## APPENDIX C

### SPREADSHEET 3.1 LIST OF RECIPES IDENTIFIED WITHIN NUSA TENGGARA'S DIFFERENT REGIONS

<b>Author/s</b>	<b>Title</b>	<b>Date Published</b>	<b>Timor, East N.T.</b>	<b>Lombok, West N.T.</b>	<b>Alor, East N.T.</b>	<b>East N.T. (Lamaholot)</b>	<b>General Nusa Tenggara</b>
<b>Başan, Ghillie and Laus, Vilma</b>	The Food and Cooking of Indonesia and the Philippines	2007					
<b>Marks, Copeland and Soeharjo, Mintari</b>	The Indonesian Kitchen	1981	Timor Acar, 200;				
<b>Owen, Sri</b>	Indonesian Food and Cookery	1976		Pelecing Peria/ bitter cucumber in chili-lime sauce, 210;	Karamelati/grilled fish, 119; Lawar Jantung Pisang/ Sliced Banana Heart, 193; Lawar Mangga Muda/ sliced young mangoes, 198; Serikaya/ steamed cake dessert, 255;		
<b>Owen, Sri</b>	The Indonesian Kitchen - Recipes and Stories by Sri Owen	2009		banana parcels, like the boboto, are also familiar in Lombok, 200; satay, 238-39;			In N.T...kenari trees grow in abundance, 200; Boboto (called botok by the Javanese, and tom in Bali), 200;
<b>von Holzen, Heinz and Arsana, Lothar</b>	The Food of Indonesia - Authentic Recipes from the Spice Islands	1999	Daging Belacang, p.54	Ayam Taliwang, p.90; Sate Ampet Sasak, p.102			
<b>Darnys, Raf</b>	Makanan : wujud, variasi, dan fungsinya serta cara penyajiannya daerah Nusa Tenggara Timur	1991				Nasi Tumpeng, 98; Lemang singkong, 101 & ketupat, 98; ubi, 100&102; onde-onde, 100&102; Kerupuk, 101; ikan goreng, ikan panggang, 105; Ikan Kenalo/Konolo (fish wrapped in Tual leaf and grilled), 105; Pergedel/perkedel,	

						Daging kacang, 107; sayur singkong, 109; sayur bayem, sayur terong, 111; Pucuk, 88; Daging Bakar, & Rebus, & Kuah Babi, 106; Pergedel, & Dagaing Kacang, 107; Sate Babi, & Sayur-sayuran, 108; Sayur Singkong, 109; Sayur Bayam, 111; Sayur Terong, 111	
--	--	--	--	--	--	---	--

## APPENDIX D

### SPREADSHEET 3.2 LIST OF RECIPES IDENTIFIED WITHIN SUMATRA'S DIFFERENT REGIONS

Author/s	Title	Date Published	West Sumatran recipes	West-Central Sumatra (Minangkabau)	North Sumatran recipes	South Sumatra	General Sumatran recipes
<b>Başan, Ghillie and Laus, Vilma</b>	The Food and Cooking of Indonesia and the Philippines	2007	Pangek ikan padang/ sumatran sour fish n star fruit stew, 106;		Sayur Terung/ spicy eggplant soup w/ beef n lime, 35; Rempah-rempah (sardines cooked in coco milk) varies across regions- in this area is very spicy but is tempered with locally grown herbs, 104;		
<b>Marks, Copeland and Socharjo, Mintari</b>	The Indonesian Kitchen	1981	Gado gado Padang, 191; Satay Padang, 39;			Mangut Ikan/fried fish in coconut milk (Palembang), 145;	Nasi goreng istimewa, p.21; Bihun, 57; Ayam Blado, 73; Gulai Ayam, 76; Kalio, 78; Asam Pade Daging, 108; Sambal Blado, 109; Rendang, 115; Semur Daging, 117; Gulai Otak, 122 & 124; Gulai Kacang Udang, 134; Sambal Udang Kantang, 137; Tumis Kacang Panjang, 138; Cumi Cumi Smoor, 139; Pale Ikan/Baked fish in coco sauce, 142; Ikan Panggang, 144; Acar Ikan, 147; telur Ikan, 150; Terong Balado, 156; Terong Bakar, 157; Pare/Bittermelon, 173; Peceli, 175; Pepes Jamur, 179; Sayur Manis, 184; Acar, 185; Acar Kuning, 194; Asinan, 199; Perkedel, 208; Perkedel Daging, 210; Martabak, 211; Godok Godok, 248;
<b>Mowe, Rosalind (Ed.)</b>	Southeast Asian specialties - a culinary journey through Singapore, Malaysia, and Indonesia	1998	Nasi Padang, Ayam Gulai, Ayam goreng pop, Ayam Panggang, Sop ayam, Sambal hati telur puyu, Kari kambing, cumi-cumi sambal & gulai, Pindang baung, Ikan pecel lele, Ikan asin pari, Ikan mas goreng, Gulai kikil, Gulai limpa,		Bika Ambon (palm-wine cakes), 246;		



			Paru goreng, Gulai sapi, Sambal kentang dengan tempe, Tumis bayem, Tumis daun singkong, Lalapan, 224; Sambal lado, 267;				
<b>Owen, Sri</b>	Indonesian Food and Cookery	1976	Pangek/fish cooked in coconut milk w/ fiddleheads, 124; Gulai Bagar/Lamb curry, 144; Bebek Hijau OR Gulai Bebek/ duck in green chili sauce (Padang), 187; Gulai Pucuk Labu (Gambas)/ squash cooked in coconut milk, 194; Ketan Serikaya/ steamed cake w/ santen, 256;	Rendang, 138;			Lemang (Sumatran equivalent of Lontong or Ketupat, as like them it is associated with a major feast of the Islamic year), p.105; Gulai otak/ brains n spicy coconut sauce, 159; Kelia Ayam/ chicken curry, 164;
<b>Owen, Sri</b>	The Indonesian Kitchen - Recipes and Stories by Sri Owen	2009	Daun ubi tumbuk OR gulai daun Perancis/ cassava leaves (Padang Panjang), 18; anyang sayuran/ cooked veg with spicy roasted coco, 21; Goreng ikan balado, 22; telur dadar padang/ omelette, 25; Nasi jagung, 141; Rendang, 180; Satay padang, 253; Gulai gajebo (Padang); 266; Singgang ayam, 269; Gurami bakar, 202;				Pangek ikan/ braised fish w/ veg shoots, 17; Lemang (Lemper in Java and lalampa in Sula)/ sticky rice rolls, 234; gulai bagar/ mutton curry, 232;
<b>von Holzen, Heinz and Arsana, Lothar</b>	The Food of Indonesia - Authentic Recipes from the Spice Islands	1999	Sop Kepala Ikan, p.60; Gulai Telur, p.88; Rendang Sapi, p.106		Asam Udang, p.46; Nasi Kebuli, p.66;		Gulai Tempeh, p.68; Arsin Ikan Mas, p.82; Sumatra- leaf of turmeric used in Sumatran dishes, particularly as are finger-length dried red chilies, p. 35 & 39.
<b>Wongso, William and Tobing, Hayatinufus A.L.</b>	Spicy Padang Cooking	2004	Keripik Kentang Balado, 6; Taruang (Terong) Balado, 7; Sambal Lado Mudo, 10; Gulai Semur daun singkong, 13; Kalio Ayam, 15; Ayam goreng, 17; Ayam pop, 22; Soto Daging, 24; Gulai daging domba cincang, 27; Rendang daging, 31; Satai (Satay) Daging, 33; Dendeng Balado, 37; Gulai ikan, 42; Kalio cumi-cumi, 47; Palai Bungkus Daun Ubi Kayu, 48; Pangek Ikan mas, 50; Ikan panggang, 53; Palai ikan, 55;				

<b>Nurana, and Ahmad Yunus</b>	Makanan, wujud, variasi dan fungsinya serta cara penyajian daerah Sumatera Barat	1986	<p>Tempe kadele, 161; Bayam rebus, 168; daun kangkung rebus, 169; Daun pepaya &amp; singkong rebus, 170; Ikan bakar, 171&amp;172; Jagung bakar, 172; kacang panjang rebus, 175; siput rebus, 178; Uap/Kukus Terung/Terong, 181; Daging Bakar, 181; Ikan goreng; Gulai padeh; Anyang pepaya; Sup/Sop Ikan; Gulai paku; Gulai tongkol; ayam goreng; gulai masin ikan; Kalio daging; Sambal goreng buncis; Goreng ikan air tawar; Gulai rabu/ paru-paru; Kalio jengkol; Gulai tunjang; Gulai ikan ketimun; Ikan kalang panggang; Gulai daun singkong; Rendang daging; pangek ikan---Onde-onde--RendangX3; Pangek padeh; PergedelX2; Sayur tauco; Sumur ayam; pindang putih n merah; ayam singgang; kalio hati; gulai kambing; leman singkong; goreng telur balado, 279; kalio daging; tumis kacang panjang; pangek ikan; kolak; Nasi lemak, tumis buncis;</p>				
--	--	------	--	--	--	--	--

## APPENDIX E

### SPREADSHEET 3.3 LIST OF RECIPES IDENTIFIED WITHIN JAVA'S DIFFERENT REGIONS

Author/s	Title	Date Published	Central Java	Jakarta	East Java	Soerabaja/ Soerabaya/ Surabaya	Tuban	Solo	West Java (Bogor, Bandung)	Sidoarjo	Sundanese	Javanese	General Java
<b>Asidah, Siti</b>	Kitab Dradjat Istri	1935											Singkong, 16; Asinan 22; Acar, 25; Pergedel/Pekedel, 28; Sup/Sop, 31
<b>Bašan, Ghillie and Laus, Wilma</b>	The Food and Cooking of Indonesia and the Philippines	2007	Bandrek/ ginger tea (high altitude Dieng Plateau, near Wonosobo), 154						Bandrek/ ginger tea (high altitude Bandung), 154;			Gulai Kambing/ Goat Curry, 130;	Sayur lemong/pumpkin, longbean, bamboo coco soup, 32;
<b>Marks, Copeland and Soeharjo, Mintari</b>	The Indonesian Kitchen	1981	Satay Pentul, 37; Satay Panggang Udang Brebes, 43; Ayam Goreng, 70; Ayam Panggang (Klaten), 80; Opor Bebek (Semarang), 95; Kare Kol, 105; Gadon, 118; Sayur Lodeh, 159; Bumbu Rudjak Tahu (Wonosobo), 161; Oseng Oseng Hijau, 170; Oseng Oseng Sayuran, 171; Perkedel Kepiting (Semarang), 203; Bawan Kepiting, 205; Rempeyek Kacan, 221; Risolles Solo, 230;	Satay Daging Giling, 38; Laksa, 50; Tahu Isi, 120; Ketimun Bistek, 178; Asinan, 197; Sambal Goreng Telor, 234;	Soto Ayam, 45 (also recipe from Madura, 47); Sayur Bobor (Madiun), 54; Tahu Kering, 163; Tahu Goreng (Kediri), 164; Oseng Oseng Pare, 174; Rujak, 196; Sambal Tomat, 243;	Soto Babat, 52; Ayam Bumbu Rujak, 64; Asam Asam, 89; Empal, 113; Rebing Tjah, 132; Bongko Ikan Laut, 140; Sambal Goreng Bung, 177; Perkedel Ikan Soerabaya, 214; Sambal Tomat, 244; Nagasari, 247;		Ayam Panggang Setan, 88; Dendeng Ragi, 101; Den Den Unkep, 112; Terong Kare, 153; Oseng Oseng Jamur, 181; Sambal Goreng Kering, 204; (?)Risolles Solo, 230; Getuk, 250;	Nasi Tim, 77; Lapis Daging (Bogor), 104; Kederok (Bandung), 195; Gimbalek, 207;				Nasi Uduk, 20; Nasi Goreng, 23; Lemper, 24; Nasi Kebuli, 27; Nasi Golong, 29; Satay Terik Ati Ayam, 34; Satay Sapit, 35; Bayem Cha, 54; Sayur gurih, 56; Bakmi Goreng, 59; Opor Ayam, 62; Ayam Kodok, 65; Ayam Goreng, 68; Kare Ayam, 81; Ayam Lapis, 83; Ayam Panggang Pecel, 84; Ayam Ingkung, 85; Sambal Goreng Ati, 91&92; Karangmenanci, 98; Semur Daging Jawa, 100; Besengek Daging, 103; Java's version of Rendang, 114; Sambal Goreng Printil, 119; Semur Otak, 121; Pepes Otak, 125; Babat Goreng, 126; Gulai Kambing Padang Java-Style, 128; Bumbu Gulai, 129; Sambal Goreng Udang, 131; Pepes Udang, 135; Tumis Kacang Panjang, 138; Semur Terong, 155 & 158; Suki Hati, 160; Sambal Goreng Buntjies, 166; Tumis, 167; Sambal Goreng Bloemkool, 168; Oseng Oseng, 172; Orak Arik Jagung, 182; Sambal Goreng Tomat, 183; Gudangan (Urab Urab), 187; Gado Gado, 188; Acar, 193; Lotis, 201; Perkedel, 209; Rempah Kelapa, 213; Perkedel Tahu, 215 & 218; Perkedel Lobok, 216; Rempah, 217; Serundeng Kacang, 226; Serundeng, 227; Ebbi, 228; Tahu Telor, 235; Sambal Kacang, 240; Sambal Ulek Tomat, 241; Sambal Kemiri, 242; Sri Kaya Pisang, 249;
<b>Mowe, Rosalind (Ed.)</b>	Southeast Asian specialties - a culinary journey through Singapore,	1998; 1999, English ed.	Gudeg, 221; Sambal Badjak, 267;										Gado Gado, 290; Klepon (aka, onde-onde), 248;

	Malaysia, and Indonesia												
Owen, Sri	Indonesian Food and Cookery	1976 (My ed. 1986)	Goreng Ayam Mbok Berek/ fried chicken, 168; Gudeg/ chicken w/ jackfruit (Yogya), 170; Buntill/ taro leaves w/ spiced coconut filling, 196; Terancam (called Jukut Murab in Bali)/ Raw veggies n tempe in coco dressing, 203; Gadon Tahu/ steamed bead curds w/ coco n chilli, 218; Tempe goreng tepung, 225; Tempe goreng bacem, 228; Getuk Lindri/sweet potato puree cakes fried, 256;	Asinan Jakarta/ salad, 202;						Pais Udang, Prawn packages, 108; Karedok/ mixed salad w/ peanut dressing, 214;	Lontong (Traditional fare at end of Lebaran), p.95; Ayam Goreng Jawa/ fried chicken, 178; Mie Jawa/ noodles, 246;		
Owen, Sri	The Indonesian Kitchen - Recipes and Stories by Sri Owen	2009	Most of these recipes are from when she lived in Yogyakarta, with a few C. Javanese classics: Mee kuah/ egg noodle soup, 52; Gule kambing/ lamb stew (Maegelang), 56; Gado-gado, 61;	Ikan pesmol (kakap goreng berkuah)/ jakarta fried fish, 213;						Pais ikan dengan udang, 160; karedok, 205	Klepon/ sticky rice flour cakes w/ brwn sugar (a.k.a. onde-onde), 33; soto ayam/ chicken soup, 53; Lemper (similar to lemang in Sumatra n	Snack she had never eaten before she left Sumatra and went to Java (especially after they arrived in Magelang, C. Java): Nagasari/ steamed rice flour cakes w/ banana, 26; Pisang goreng, 28; Rempeyek kacang/ savory peanut brittle (tasted while traveling from Banten to Cirebon), 28; pergedel jagung/ corn fritters, 34; Ayam goreng jawa, 270;	

			Gudeg yogya, 64; Ayam goreng kalasan, 65; Alot of Chinese-inspired recipes; terik daging/ spiced beef boiled in coco milk, 182; Pindang (Javanese), 183; pepes jamur/ mushrooms wrapped in banana leaf, 195; tumpeng (like upside down kukusan), 264;								lalampa in Sula)/ sicky rice rolls, 134;	
<b>von Holzen, Heinz and Arsana, Lothar</b>	The Food of Indonesia - Authentic Recipes from the Spice Islands	1999	Ikan Bumbu Acar (Pekalongan), 84; Ayam Goreng Yogya (Yogyakarta), 96;							Karedok, 48; Lotek(?), 48;	Sambal Goreng Tempeh, 68;	Coriander is commonly partnered with peppercorns and garlic to flavor food, especially in Java, 19; Soto comes from Java;
<b>Haryanti, Titi, Yetti Herayati, and Nia Masnia</b>	Makanan : wujud, variasi dan fungsinya serta cara penyajiannya pada orang Sunda di Jawa Barat									Tempe, 133 ; Dage Tahu/Tofu, 135; Toge/kecambah (w/ kacang hijau)/ mungbean, 139; Rujak uleg, 145; Ikan Bakar/ grilled fish, 147; Singkong Bakar, 147; Urap singkong, 149; Ketela rambat direbus (boiled sweet potato), 150; boiled sago root, 154; Kangkung rebus, 157; Daun Singkong rebus, 157; Pare rebus/ bittermelon, 158; kacang panjang, 161; nasi yang digoreng/ fried rice, 168; uras/buras		

										(longtong stuffed w/ cooked vegetables), 170; Lontong, 171; Sayur lodeh, 172; sayur oyong, 172; sayur asem, 173; Sayur nangka/ young jackfruit, 174; sayur bayam/ spinach, 174; Urap, 178; sambal goreng kering tempe, 181; sambal goreng kentang, 181; Cobek Jantung/ heart of the banana flower, 186; Cobek belut/ mortar fish, 187; Lotek, 190&191; Karedok, 191; Acar mentah, 192; Acar Ikan, 192; Perkedel Jagung, 194; Goreng ikan teri/Breaded fried anchovies, 194; Pepes Ikan, 195; Pepes Oncom, 195; Pepes Tahu, 196; Pindang Ikan, 198; Semur jengkol, 199; Sayur Kari, 200; Soto Bandung, 200; Ikan Asin, 201; Sate, 202; Gule, 203; Opor Ayam, 204; Nagasari, 227; Rujak Kanistren, 233; Nasi Tumpeng, 234;	
--	--	--	--	--	--	--	--	--	--	--	--

## APPENDIX F

### SPREADSHEET 4. PREPARATION METHODS AND KEY INGREDIENTS IN RECIPES FOR SATAY, GRILLED FISH, AND BUNDLED FILLING BY CORRESPONDING REGIONS



	Regions	Method of cooking/ Main ingredient	P#	Name of dish (Bahasa)	Name of dish (English)	Basic ingredients	Preparation Methods	Spice Paste Ingredients/ Tools	Source	Region
		<i>Satay (Sate/Satai)</i>								
1	Nusa Tenggara			Sate Babi	Pork Satay	[pork]	Pork is cleaned and cut into small pieces then mixed with seasonings. Then this diced meat is skewered on a stick and grilled over burning charcoal and it is known as pork sate. This sate is given the seasoning of kecap, tamarind, chili, salt and peanut sauce that has already been fried.	Kecap, tamarind, chili, salt. Fried peanut sauce	Darnys, Raf	East
2				Sate Ampet Sasak	Mixed Beef Satay	beef top round, beef heart, beef liver, lime/lemon wedges	In Lombok n Bali, meat for satay is highly seasoned before grilling. Prepare marinade by grinding/blending all ingredients, except oil n coconut milk. Saute mixture until color turns golden and smells fragrant then add coconut milk n simmer till thickened. Cut each of the meats into squares 3/4" thick and marinate separately for minimum of 2 hrs. Remove meats n discard marinade. Thread onto skewers n grill. Serve w/ marinade you did not use to marinate meat as a dipping sauce accompanied by lime wedges.	Marinade: red chili, bird's eye chili, garlic, shrimp paste, candlenuts, ginger, salt, oil, coconut milk.	von Holzen	West (Lombok)
3			240	Sate Pusut/ or pentul	ground beef satay	ground rump steak, salt, lime juice	In bowl, rub salt and lime juice into ground beef. Use a mortar to crush roasted coriander seeds n coconut. Mix with very finely chopped shallots, garlic and remaining ingredients. Mix this well into the meat, kneading with your hands to make sure ingredients are distributed well. Mold directly onto stick, making sausage shape (for pusut) or make into walnut-sized balls, 4 balls on each stick (for pentul). Chill for 1hr. Grill slowly, turning carefully from time to time. When 1/2 cooked brush with oil.	coriander, freshly grated coconut (roasted), sambal ulek/chili powder, shallot, garlic, ginger, brown sugar, light soy sauce/OR grilled shrimp paste, coco milk/OR Greek-style yogurt.	Owen (2009)	West (Lombok)
1	Java			Sate	Satay	Sheep or cow meat	Meat, cut into small square pieces. Put in the seasoning that has been smoothed so that its absorbed. Ditiir (skewer?) with the bamboo saute skewer. Then roast. As a side dish. Sate is laid on a plate and spiked(?) with seasoning constituted from kecap, sliced onion and lime sambal, or spiked(?) with sate seasoning constituted from peanut, candlenut, red chili, and onion, all of these are fried then smoothed(ground), brewed hot water and given kecap.	Shallot, garlic, pepper, and salt, charcoal burner, saute skewer and fan.	Haryanti, Titi, Yetti Herayati, and Nia Masnia	West
2			37	Satay Pentul	Meatball	ground beef,	Crush together in a blender seasonings w/ 1/2c	garlic, onion, coriander,	Marks	Central

					Barbecue	eggs	coconut milk. Mix 3/4 of spice paste w/ ground beef, eggs, salt. Shape into egg-shaped ovals n set aside. Mix remaining spice paste and remaining coco milk w/ lemongrass, cinnamon, sugar. Bring to boil in large frying pan, add meatballs,cook for 5min, turning once carefully. Meatballs should be 1/2 done. Spear 2 on bamboo skewer n place over charcoal fire or gas broiler, baste w/ coco sauce, broil for 5min, turning once.	cumin, tamarind juice, pepper, nutmeg, cloves, turmeric, ginger root, coconut milk. lemongrass, cinnamon stick, sugar. Bamboo skewer.		
3			43	Satay Panggang Udang Brebes	Marinated Shrimp Barbecue	Shrimp	Blend water n other seasonings into a smooth paste. Marinate peeled n deveined shrimp in paste for 15min. Put 3 shrimp on each skewer n broil over charcoal or in gas broiler for 5min, turning once. Baste shrimp w/ more marinade while cooking.	salt, sugar, lemon juice, fresh red or green semi-hot chillies, red sweet pepper, shrimp paste, garlic.	Marks	Central (Brebes)
4			38	Satay Daging Giling	Ground beef barbecue	ground beef, egg	Mix all ingredients together. Form beef mixture into football-shaped kabobs 2in long and 1in thick. Put 2 kabobs on each skewer n broil over charcoal or in gas or electric broiler for 10min, turning several times.	cumin, coriander, pepper, garlic, green sweet pepper, onion, sugar, salt. Bamboo skewer.	Marks	Jakarta
5			35	Satay Sapit	Clipped Beef Barbecue	sirloin or flank steak	Crush together in mortar or blender the seasonings to make a paste. Cook 2" cubed beef in the water for 10min w/ salam and laos. Remove the beef, n discard the liquid. Pound the pieces of beef to flatten them a bit. Fry the spice paste for one min over med heat. Add tamarind, coconut milk, salt n sugar, then the beef, stirring rapidly to coat the cubes w/ seasonings. Cook for few min until liquid has evaporated. Put 2 pieces beef on each skewer n broil for 1 min, each side. (NAME: "clipped" b/c bamboo skewers are cut 1/2-way down the center. The pieces of beef are pushed in and held, or clipped, by the forked sticks.Then skewers are wrapped in banana leaf n put on charcoal fire to broil)	garlic, onion, candlenuts, coriander, cumin, turmeric. Salam leaf, laos, oil, tamarind juice, coconut milk, salt, sugar. Skewer, banana leaf	Marks	General
6			34	Satay Terik Ati Ayam	Chicken liver Barbecue	chicken livers, coconut milk	Blend seasonings into paste w/ 1/4c of the coconut milk. Mix paste w/ chicken liver (separated into lobes) n let stand for 15min. Put remaining coco milk into frying pan and bring to a boil. Add livers, salam,and laos and cook for 10min until sauce has evaporated. Put 3 sections of liver on each skewer and broil over charcoal on in over for 5 min, turning once. To protect skewers from burning, cover ends w/ aluminum foil.	Seasonings: candlenut, onion, garlic, coriander, turmeric, salt, sugar, shrimp paste, dried or fresh red hot chillies. Salam leaf, laos. Bamboo skewers.	Marks	General
7			242	3 kinds of	Chicken,	Chicken breast	Cut meat across the grain to make 3/4" pieces, but	shallots & garlic- finely	Owen (2009)	General Java

				sate	lamb, beef satay	and thigh, lamb shoulder or leg, or beef rump steak	only 1/2 that in thickness. In glass bowl mix all ingredients, add meat, coat, and marinate for at least 2hrs or overnight. If using bamboo skewers, soak them first in cold water overnight. BBQ satays on glowing charcoal will take 5min, or in an oven for 10-12min. Serve w/ tomato sambal, sambal kecap w/ rawit, OR peanut sambal.	chopped, ginger-chopped, sambal ulek/chili powder, vinegar/OR lemon juice/OR tamarind juice, oil, coriander-ground, cumin-ground, light soy sauce, brown sugar, salt		
8			248	Sate bandeng	Stuffed, roasted and grilled milkfish				Owen (2009)	General
1	Sumatra			Satai (Satay) Daging		beef loin or rump, frying oil, fried shallots	Combine marinade ingredients in bowl and marinate cubed beef for 4 hrs or overnight. To make spice paste, dry-fry coriander n cumin then crush w/ remaining ingredients in mortar/blender. Fry. Add beef, add water n simmer meat until tender. Skewer beef cubes. Use beef stock to make dipping sauce. Remove large spices that were in marinade, combine rice/sago/tapioca flour with some stock then bring to a boil with remaining stock. Reduce stock into dipping sauce. Brush satays with oil and grill on charcoal.	Marinade: turmeric leaf, kaffir lime leaves, lemongrass, asam gelugor (garcinia fruit), salt. Spice paste: coriander, cumin, black pepper, red chili, shallots, garlic, galangal, turmeric, ginger. Tools: bowl, skillet, mortar/blender, wok, bamboo skewer. charcoal	Wongso	West (Padang)
2			39	Sate Padang	West Sumatran Barbecue	veal or beef hearts, beef chuck, veal tongue, beef tripe, coconut milk	Fry sliced onion and garlic in oil in large saucepan. All all other seasonings + meat, except coconut milk, and mix well. Cook covered for 1.5hrs until meats are soft. Then add coconut milk and cook for 30 more min. Remove meats and reserve the sauce. To make the sauce, mix coconut milk and rice flour into thin paste. Bring reserved meat sauce to boil n add rice flour paste, salt n tomato. Cook, stirring for 10min over low flame until well mixed. The result should be a thick, creamy, spicy sauce. Cut all cooked meats into 1/2" cubes. Put 5 cubes of different meats on each skewer so that there is a contrast in textures. Heat skewer briefly over charcoal fire, gas or electric broiler, then dip it liberally into warm rice sauce. These satays are usually eaten with rice rolls.	onion, garlic, oil. Fresh red hot chillies, salt, turmeric, ginger, coriander, cumin, piece of kaffir lime, salam leaf, laos, cinnamon stick, lemongrass. Coconut milk, rice flour, salt, tomato. Bamboo skewers.	Marks	West (Padang)
3			253	Sate Padang	Offal satay with a special padang sauce	ox tongue, tripe, ox heart, turmeric leaf, rice cooking water/OR rice flour diluted in	Soak tongue in cold water 2-3hrs. Soak tripe in cold water for 10min. Drain tongue, put in saucepan and bring to boil w/ salt and simmer for 2hrs. Leave to cool in the water. When cold, peel and slice into 6-7slices. Drain tripe and cut into 6 pieces. W/ sharp knife, trim off fat around the	shallots-chopped, garlic, coriander-ground, cumin-ground, ginger-chopped, galangal-chopped, inner part of lemongrass-chopped, turmeric-	Owen (2009)	West

						water	heart n cut away arteries n fibrous tissue. Cut heart in half. Blend all ingredients into smooth paste. Gently fry for 4-5min until aromatic. Simmer offal with 1/2 paste for 15min. Uncover n stir, add some rice water. Cover and cook 10min more. Add hot water/OR coconut milk, according to preference, to pan w/ other 1/2 of paste. Add turmeric leaf n bring to boil and reduce sauce by half. Cut offal into cubes, put on skewer grill to brown and serve w/ sauce and lontong.	ground, salt, oil, tamarind juice		
1	Indonesia		246	Sate Udang	shrimp satay	unpeeled jumbo or colossal shrimp	Remove shrimp heads and legs. Cut lengthwise on underside. Turn over and press its back so that it lies straight and flat. Turn over again and remove black vein. Wash under cold running water, dry. Mix all ingredients for marinade and pour into bowl w/ shrimp, coating shrimp gently. Marinate at least 3hrs. Put 3 shrimp on skewer n grill over hot charcoal for 2min.	tamarind juice/OR lemon juice, garlic, turmeric, sat, chili flakes	Owen (2009)	General
2			100	Sate Lilit Bebek	Minced Duck Satay	Duck or Chicken meat, grated coconut	Grind or blend spice paste. Saute for 5 min. Cool, then combine with duck and all other ingredients. Mold on skewers and grill over charcoal until cooked n golden brown.	Spice paste: shallots, garlic, red chili, laos, galangal, turmeric, coriander, black peppercorn, candlenut, shrimp paste, nutmeg, cloves, oil. Ingredients w/ meat: kaffir lime leaves, black peppercorn, salt, bird's eye chili, palm sugar./ lemongrass or skewers	von Holzen	General
3			100	sate sapi	Beef Satay	top round beef, bird's eye chili, brown sugar	Prepare spice paste by blending all but salam leaf n oil. Saute for 5 min until golden brown. Cool, then combine with meat n chili n sugar. Marinate for 24 hrs. Thread meat onto satay skewers n grill over high heat until cooked. Serve w/ peanut sauce or sambal kecap.	shallots, garlic, laos, ginger, red chili, bird's eye chili, candlenut, black peppercorn, coriander, palm sugar. Salam leaf, oil.	von Holzen	General
4				Sate Manis	Spicy grilled beef kabobs	Chuck steak	Crush seasonings into a paste w/ mortar. Mix paste w/ ground coriander, sugar, salt, soy sauce, tamarind juice, n oil. Marinate diced or sliced beef for 1-2 hrs. Arrange meat on skewers n broil or grill over charcoal, brushing w/ remaining marinade. Serve w/ peanut sauce.	Marinade: coriander, dark brown sugar, salt, light soy sauce, tamarind pulp made into juice, oil. Paste: shallots, garlic, re chili, galangal, turmeric, ginger.	Mowe	General
		Grilled/Roasted Fish (Ikan)								

		Panggang/Bakar)								
1	Nusa Tenggara		105	Ikan Panggang	Roasted/Grilled Fish	A big fish	A big fish that has been cleaned (get rid of scales), sliced and salted then roasted or grilled on burning coals/embers.	salt	Darnys, Raf	East
2			119	Karamelati (Ikan Panggang?)	Grilled fish	Yellow tail= sea perch= barramundi, OR sea bass, snapper family (if in US), sea brems (if in Europe), cod, OR haddock, and lime/lemon juice, salt	Clean fish an hour before your are going to grill it and rub it well inside and out with lime/lemon juice and salt. Deseed chili, peel shallot and slice thinly. Then pound them, with a little salt, to a very smooth paste. Mix this paste with oil. Rub 1/2 mixture into fish and start grilling slowly, preferably over a charcoal fire. Turn every so often. When about 1/2 cooked, spread the remaining paste over it with a spoon, covering both sides. Continue grilling and turning the fish until it is cooked.	red chili, shallots, white pepper, oil	Owen (1986)	East (Alor)
1	Java			Ikan Bakar	Roasted Fish	fresh fish, that has been roasted especially gold fish.	The fish is cleaned, then it is roasted on burning charcoal or a woodpile or tile that is placed on the fire.	salt and tamarind/lime. - brazier(?), stove made of earthen clay.	Haryanti, Titi, Yetti Herayati, and Nia Masnia	West
			204	Pecel lele (in this case derived from the word, pecak)	grilled catfish with shrimp paste	catfish	Grilled over charcoal fire. using wooden pestle, dip it into sambal terasi and gently beat the fish to break surface of flesh and let sambal penetrate.	Sambal terasi	Owen (2009)	West?
			202	Gurami Bakar	Grilled Gurami	Gurami	Several deep scores were made on both sides and then covered in the paste and then grilled on wood embers	chili, salt, sugar, lots of crushed garlic, n belimbing wuluh for souring agent.	Owen (2009)	West
1	Sumatra			Ikan Bakar	Roasted Fish	Kembang(kembung?) fish=mackerel, tuna, mackerel.	The fish is cleaned then given sprinkle of lime juice and fine-grained salt, shallot/garlic, turmeric, minced/ground chili enough. The fish and seasoning just mentioned are mixed evenly, then put inside a woven wire tong/clamp and roasted on top of burning coals/burning place. Turn over back and forth until done.	Seasoning: salt, lime, shallot/garlic, chili, turmeric. Tools: knife, wire tong/clamp, place for roasting, plate or 5 spoon pot.	Nurana, and Ahmad Yunus	West
2				Ikan panggang	Spicy Grilled Fish	small mackerel, lemongrass	Grind all seasonings into smooth paste. Add coconut milk if necessary to keep blades turning. Transfer to wide bowl, stir in coconut milk, mix well. Make 2 diagonal slits on each side of fish n place in marinade for at least 30min. Grill fish on charcoal over med heat for 3-5 min basting	red chili, shallot, ginger, turmeric, salt, limes, thick coconut milk/ mortar/blender, wide bowl for marinating, charcoal	Wongso	West (Padang)

							frequently until golden brown.			
3			144	Ikan panggang	Baked Fish	Mackerels (OR red snapper, sea bass), salt, lemon juice	Score fish four times diagonally on each side. Rub fish inside and out w/ the salt and lemon juice. In a blender, make paste w/ seasonings n coconut milk. Place both fish on large sq of foil n put paste on top. Broil for 5 min. Turn the fish over n put on more paste n broil for 5 more min. Turn fish to original side and put the remaining sauce on top and broil again for 5min. Fish should be sizzling and the top crispy.	dried red chili boiled in water, onion, tomato, turmeric, coconut milk.	Marks	General
4			202	Gurami Bakar	Grilled Gurami	Gurami is a freshwater fish cultivated in artificial ponds in many parts of Indonesia. Where none of this fish, replace with turbot, large red snapper, or John Dory, or sea perch.	Several deep scores were made on both sides and then covered in the paste usually used to make pangek ikan and then grilled on wood embers.	Pangek ikan paste: candlenuts- chopped, shallots-chopped, garlic-chopped, fresh red chillies- seeded/chopped, ginger- chopped, galangal-chopped, turmeric-ground, tamarind water, coconut milk, salt. (Put all ingredients into blender/processor and work until smooth. Then simmer for 5-6min). Another good marinade could be sambal terasi, or chopped up bird's-eyed chilies in fish sauce.	Owen (2009)	West (Lake Maninjau)
1	Indonesia		108	Ikan Bakar	Char-grilled fish	large sea fish (such as grouper, red snapper, sea bass, sword fish OR 4 smaller whole fish, such as sardines, gutted n cleaned)	In small bowl mix coconut oil, soy sauce, garlic, n lime juice. Put fish n shallow dish n slash the flesh at intervals with a sharp knife. Spoon marinade over fish n rub it into skin and slashes. Rest for 1 hr. Prepare sambal using mortar and pound into coarse paste. Add terasi n sugar and beat until combined. Fry paste, stir in tamarind juice and boil until reduced to thick paste. Place fish on grill and cook for 5 min each side, basting with leftover marinade. Serve w/ sambal n boiled rice.	Marinade: coconut oil, dark soy sauce, crushed garlic, lime juice. Sambal: shallots, garlic, red chili, galangal, kaffir lime leaves, terasi, palm sugar, tamarind juice.	Başan	General
		Pepes/Palai (Bundled Filling)								
1	Nusa Tenggara		-		Konolo/Kenalo Fish	Small fish grilled on coal embers in the	-	-	Darnys, Raf	East

						young leaf of a tuak tree.				
2			200	Boboto	Parcel of minced chicken w/ kenari	Chicken, very thick coconut milk	Mince or thinly slice chicken meat from breast n thigh. grate young coconut or use 1 can thick coco milk. Deseed and thinly slice on a diagonal fresh green chilies. Mix all ingredients together and divide among four ramekins. Steam for 12-15min OR bake for 20-25 min	shallots (finely sliced), galangal OR lesser galangal (kencur)-chopped, kenari nuts (OR almonds)-ground, cloves-ground, nutmeg-grated, fresh green chili, salt	Owen (2009)	General
1	Java			Pepes Ikan	Fish roasted in banana leaf over burning coals	Fish, especially goldfish/carp	Fish is cleaned throw away insides belly and scales. All ingredients are cleaned and sliced thinly except for the sale and salam leaf. The fish is placed on the banana leaf, sprinkle with seasonings mentioned until even. Package with banana leaf mentioned in such a manner, so that it is tightly closed and not separated. Cooking can be boiled or roasted. Good pais(Pepes) fish is that which the bones are soft.	Salt, shallot and garlic, leaf of kemangi (k.o. basil), scallion, lemongrass, salam leaf, banana leaf.	Haryanti, Titi, Yetti Herayati, and Nia Masnia	West
2			125	Pepes Otak	Steamed Brains in Wrapper	beef brains	Steam brains. Crush seasonings into paste. Mix paste with brains. Place 3 pieces of brains in a sq of foil and make package in Indonesian fashion. Seal ends. Put under broiler for 15min or bake in oven at 375 for 30min.	candlenuts, onion, garlic, dried red hot chili, shrimp paste, salt, sugar, tamarind juice. aluminum foil	Marks	General
3			135	Pepes Udang	Shrimp in spicy nut sauce	shrimp	Crush seasonings in blender or mortar. Mix spice paste with whole shrimp that have been peeled and deveined, also salam and laos. make a loaf-shaped mound of the mixture on a piece of aluminum foil and wrap it securely, making sure ends are sealed. Bake in 425 degree oven for 20min, turn over and cook through. Open package and place under broiler for 5min to form brown crust. (At the end of the cooking process, the wrapper is opened and the food placed under a broiler or hot flame, which gives a dry crust to the surface.)	garlic, onion, salt, dried red chili, coriander, tamarind juice, sugar, shrimp paste, candlenut. Salam leaf, laos. Aluminum foil.	Marks	General
4			160	Pais ikan dengan udang	Fish and shrimp parcels	Salmon or cod, lime juice, salt, shrimp	Rub fish filets w/ lime juice n salt. Put all seasoning ingredients into blender and puree until smooth. Fry paste gently, stirring often for 4min or until aromatic. Add remaining ingredients, except fish n shrimp. Simmer until no more liquid but still moist. Add shrimp, remove from heat and stir to coat shrimp. Put fish filet on a square of banana leaf and top with an equal quantity of spiced shrimp. Wrap neatly and bake at 400 for 10-12min.	tamarind water. large fresh red chilies, lemongrass, kaffir lime. Seasonings: Sambal ulek, candlenuts, shallots, garlic, ginger, shrimp paste, coconut milk, salt.	Owen (2009)	West (Sudanese)

5			108	Pais udang	Shrimp/prawns		Clean and wash shrimp and sprinkle w/ salt. Pound first 4 ingredients in mortar. Slice chillies finely. Cut spring onions into 1cm long pieces. Slice lime into thin rounds. Mix all ingredients with the shrimp and lay leaves on top. Wrap in a piece of banana leaf made up in an oblong parcel and steam or bake for 15min. In Indo, wrapper is grilled on a charcoal stove. At home, grill parcel on a heavy cast iron pan on stove for 10-15min.	candlenut, ginger, turmeric, laos, red or green chillis, spring onions, sweet basil/mint, lime/lemon, salam leaf	Owen (1986)	West (Sudanese, from Tasikmalaya)
1	Sumatra			Palai ikan	Fish grilled in Banana Leaf	mackerel, lime juice, salt, carambola fruit OR tamarind juice, coconut cream	Grind spice paste. Make diagonal slits on each side of fish. Rub lime juice and 1t salt onto both sides of the fish. Set aside. After 15 min rinse and drain. Rub remaining salt onto carambola slices, set aside for 5 min, rinse n drain. Combine spice paste with coconut cream, carambola slices, turmeric, and daun mangkok(cup leaf). Place fish on banana leaf, spread spice paste over fish coating well. fold leaf to secure fish. Grill on charcoal until done.	red chili, bird's eye chili, shallots, garlic, turmeric, salt/ mortar OR blender, bowl, banana leaf,	Wongso	West (Padang)
2				Palai Bungkus Daun Ubi Kayu	Fish and Cassava leaves steamed in Banana Leaf	fish, cassava leaf, coconut milk	Grind all seasonings into smooth paste. Add coconut milk if necessary to keep blades turning. Rub lime juice and salt into fish, set aside for 15min, then rinse and drain. Rub salt onto carambola slices, set aside, rinse. Combine paste, fish, carambola, coco milk n turmeric leaves in bowl. Divide into 4 equal portions n place each in center of banana leaf. Wrap filling n fasten edges with toothpicks.	red chili, shallot, garlic, turmeric, salt/ banana leaf, mortar/blender, bowl, knife, toothpicks	Wongso	West (Padang)
3			179	Pepes Jamur	Broiled Mushrooms	fresh mushrooms	Slice mushrooms n mix all ingredients together. Place 2c mixture in center of foil n fold four sides toward the center and seal to make ball-shaped package with flat bottom. Steam for 25min in Chinese-style steamer. OR broil packages for 20min over charcoal or in oven.	onion (thin-sliced), ginger (chopped), lemongrass (sliced thin), salt, fresh red or green hot chillies (sliced thin vertically), tomato (cubed), water. Foil.	Marks	General
1	Indonesia			Pepes Ikan Belida	Grilled fish in banana leaf	mackerel, tamarind pulp	Make spice paste by crushing seasonings with mortar. Fry until aromas begin to develop. Dilute tamarind pulp, press through sieve, then mix with spice paste n sugar n salt. Simmer until slightly reduced n mixture can be spread easily. Let cool. Cut banana leaf into large rectangles. Use half spice paste, half finely chopped turmeric leaf, half coriander leaves to form bed for the fish. Place	chili peppers, shallot, garlic, turmeric root, lemongrass, galangal. Herbs: turmeric leaf, Vietnamese coriander. Sugar, salt./ Mortar, skillet, sieve, banana leaf. cocktail sticks.	Mowe	General



							fish on top n spread the rest of mixture and herbs on fish. Fold leaf over to make a package n secure ends w/ cocktail sticks. Grill or BBQ over charcoal.			
2			109	Pepes Ikan	Fish cooked in banana leaf	fish fillet, lime	In large bowl, toss fish in lime juice and marinate for 10-15 min. Using mortar, pound seasonings into coarse paste. Add ground candlenut and sugar and season with salt. Turn paste into bowl with fish and coat fish in paste. Place some fish mixture in the middle of a big square of banana leaf. tuck in the sides and fold over the ends to form a neat parcel. Secure with a string. Steam for 25-30min until tender. Serve with rice and sambal.	shallots, red chili, ginger, turmeric, lemongrass. Candlenut, palm sugar, salt. Banana leaves.	Başan	General
3			122	Pepes ikan	Marinated fish baked with coconut	turbot steaks OR whole, cleaned out trout.	If using large section or steak of fish, cut into 4 pieces. Mix marinade and pour over fish. Cover and turn over from time to time. Then lay fish in casserole and pour over them the marinade plus clarified butter/oil. Bake for 25min. Chop shallots/garlic finely. Crush garlic and terasi into paste. Fry. Add other ingredients. Mix well, then add water and coconut milk. Bring to boil and simmer 2-3min. Pour over fish and add mint, cook uncovered for 30min. Sprinkle with chives before serving. In Indonesia, this dish is cooked wrapped in banana leaves and supported on a metal tray over a charcoal stove. Cooking takes about 50-60min.	Marinade: tamarind juice, garlic, chilli powder, salt and pepper. Paste: garlic, shallots, chilli powder, freshly grated or desiccated coconut, terasi, brown sugar, lemon juice, salt, oil, kemangi, chives	Owen (1986)	General

## APPENDIX G

### EXAMPLE OF TABLE OF CONTENTS IN IPNB PROJECT BOOKS (TRANSLATED INTO ENGLISH)

## Table of Contents

### PREFACE

### OPENING REMARKS...

### FOREWORD

### TABLE OF CONTENTS

#### Chapter I. INTRODUCTION

##### 1.1 Scope of the Problem

##### 1.2 Method of Data Collection

##### 1.3 Writing Framework

#### Chapter II. SOCIETY AND CULTURE

##### 2.1 Physical Environment

##### 2.2 Political System and Social Hierarchy/Layering

##### 2.3 Economic Life

##### 2.4 Kinship System

##### 2.5 Religious Life

##### 2.6 Worldview and Value System of Society

#### Chapter III. THE CONCEPT OF FOOD

##### 3.1 Concept of Food

##### 3.2 Food and Presentation as well as Behaviors/Manners

##### 3.3 Food/Beverage and Ceremonies

#### Chapter IV. FOOD

##### 4.1 Food/Beverage and Raw Materials/Ingredients: Kinds, Manner of Processing, Manner of Presentation/Serving, Manner of Consumption

##### 4.2 Food/Beverage The Process of Fermenting/Brewing or other kinds of Processing

##### 4.3 Food/Beverage Those that are Cooked in a Simple Way (Boiled/Grilled)

##### 4.4 Food/Beverage Those that are Cooked in a Complex Way (Ingredients, Seasonings/Spices/Condiments, and the Manner of Processing)

#### Chapter V. CONCLUSION

### LIST OF LITERATURE

### APPENDICES

#### a. Map,

#### b. List of Informants

#### c. Research Instrument

### Source:

Nurana, and Ahmad Yunus. 1986. *Makanan, Wujud, Variasi Dan Fungsinya Serta Cara Penyajiannya Daerah Sumatera Barat*. Padang: Proyek Inventarisasi dan Dokumentasi Kebudayaan Daerah. <http://forward.library.wisconsin.edu/catalog/ocm19803462>.

## APPENDIX H

### DICTIONARY OF COOKING TERMS, BAHASA INDONESIA—ENGLISH

## A

acar- pickled

adonan- dough

aduk- mortar and pestle; stir

air tawar- freshwater (ex: freshwater fish)

ambu-ambu- tuna (tongkol in Java)

ampalaya= paria, balsam pear, pare, or karela- bitter cucumber/melon

ampan- a type of nettle, grown wild in Northern Sumatra, used in Acehnese cuisine

ampas- pulp(?)

anyang (Sumatra)- Sri Owen 2009 says its the same as urap (Java), kuluban (C. & E. Java) or gubahan (C. & E. Java and Sulawesi) OR, Kamus says k.o. salad of raw meat and shellfish or raw fruit with spices

api yang sedang- moderate flame/fire

apit- wedge/ diapit- flanked/ apit(n)-clamps(?)

aron- half-cooked rice

asam jawa- tamarind

## B

bacem- ? cooking term used for tofu, tempe, meat, etc. ?

bakul- basket

balado/belado- with chilies (Minang), = berlada (Ind.)/ (Minangkabau- a dish with red pepper sauce)

balsam pear= paria, karela, pare, or ampalaya- bitter cucumber/melon

bawang perai- leek

bayem- spinach

belacan- shrimp or fish paste condiment

belah- to split

berlada- with chilies (Ind.), = balado (Minang)

besi- iron (ex: sendok besi = iron ladle)

bulat- round (dibulat-bulatkan: make into a round shape/ball)

bumbu-bumbu- finely ground seasoning mixtures (called rempah-rempah in Malaysia and Singapore)

buncis- green beans; bean

buntil- bundles (Javn.)

## C

cabe- chili, see lado or lombok

cimplung- food prepared by boiling with sap or juice that is being boiled down for sugar (mencimplung = candy s.t. in someway)

cincang- minced, chopped

cuka- vinegar

## D

dadar- omelette

dendeng- jerky

E

emes= petola and oyong, or calabash

empuk- tender

encer- dilute (opposite- kental)

F

G

gadung- k.o. creeping edible tuber which is toxic if not cooked properly

gambas= labu or chayote

gapek- dried cassava (flour)

gelugor- garcinia fruit (mangosteen or other variety)

giling- grind; mill; minced

godog- ? broth ? (ex: Bakmie Godog=noodle soup)

gudangan (C. & E. Java and Sulawesi)- see anyang (Sumatra) or urap (typical name)

gula aren- palm sugar

gula jawa- palm sugar, java sugar, brown sugar (a.k.a. gula melaka (Malay), gula kelapa, jaggery (Indian))

gula merah- brown sugar

gula pasir- granulated sugar

guling- roll

gurami- carp

gurih- savory; meaty

H

habang- red (maybe from Kalimantan?)

I

ikan basah- fresh fish(?)

ikan mas- carp(?)

iris- slice

itik- (*Sum.*) duck (or bebek)

J

jagung- corn (related: tongkol=cob)

jamur- mushrooms

jengkol- k.o. tree the beans of which are eaten raw, the *Pithecolobium*

jepitan- tongs

jeruk nipis- calamondin

jeruk purut- kaffir lime

jewawut- barley

K

kakap putih- sea perch (fish)

kaldu- broth

kalio/klio- spicy dish of meat stewed with coconut milk

kandis- tree with a small sour fruit

kapur sirih- lime for chewing with betel leaves

karela= peria, balsam pear, or ampalaya- bitter cucumber/melon

karih- mix, stir s.t.

kecambah- sprouts

kemangi- a kind of mint

kembung- mackerel (a.k.a. = tenggiri)

kenari nut- tastes similar to an almond although the outer shell is more like a walnut (tastes similar also to the Filipino pili-pili nut) Uses in cooking: thickens sauces, provides rich, nutty taste. Kemiri nuts are preferred by Indonesians in the western part of the country (Owen 2009, 200)

kencur- galangal

kental- thick (opposite- encer)

kepiting- crab

kesemek- persimmon

ketan- sticky rice

ketela rambat- sweet potatoes

ketumbar- coriander

kodok- frog

kol- cabbage

kolak- compote

korek- matchstick cut

kuali- casserole dish, skillet

kukus- steam

kunyit/kunir- turmeric

L

labu- general name for plants of the squash family

labu siam- chayote (=gambas in Sudanese)

lado- chili, see cabe or lombok

lalab- raw vegetables, that the French would call crudites

langseng- reheat by steaming

lauk- side dish, esp. meat or fish served with rice

lauk-pauk- a variety of side dishes (including vegetable dishes)

lawar- slice of meat or fish (melawar- slice thinly, cut into thin slices)

layu- withered

lemak- *nasi*- boiled rice w/ assorted side dishes

lemang- 1 glutinous rice roasted in bamboo tubes. 2 k.o. cake of grated cassava and coconut with palm sugar steamed in bamboo tubes

lengkuas- galangal

lesung- mortar

lilit = pusut

lombok- chili, see cabe or lado

lumas- grease/ melumas- lubricate/ melumasi- smear s.t. with

M

mangkok- bowl

masin- salty, briny (ex: masin ikan = salt fish)

memar- bruise

mendidih- boiling; boil

menyerap- absorb

meragi/menapai (tapai)- to ferment

merica- pepper

miring- oblique

N

nasi gurih= nasi uduk, or rice cooked in coconut milk

nasi kuning- rice cooked in coconut milk, colored with turmeric

nasi uduk= nasi gurih, or rice cooked in coconut milk

O

olah- to process; to s.t. into s.t. better (ex: diolah)

oncom- fermented cake made from soybean sediment

onde-onde- kind of round fried cake made of rice flour filled with sweetened ground mung beans sprinkled with sesame seeds

ongol-ongol- k.o. cake made of tapioca

opor- meat or chicken dish cooked with coconut cream and various spices

otak-otak- snack made of seafood steamed in banana leaves.

oyong= petola or calabash

P

padi- grain

pais (Sunda.)= pepes (Jav.) or palai (Minang.)- fish and shrimp wrapped in banana leaves/ memais = cook in banana leaves over coals

pakis- fern

paku- young ferns found in W. Sumatra

pala- nutmeg

palai (Minang.)= pepes (Jav.) or pais (Sunda.)- fish and shrimp wrapped in banana leaves

panggang= bakar- sth. roasted or grilled over charcoal

parang- cleaver/machete

pare- peria/paria, balsam pear, karela, pare, ampalaya = bitter melon

parut- grated/shredded

parutan kelapa- dessicated coconut; coconut grater



pecak- to beat gently

pecel- West Javanese mixed vegetable salad w/ peanut dressing

pecel, derived from pecak (“to beat gently”)- served to Owen outside Jakarta where she gently beat the grilled fish so as to break the surface of its flesh and let the sambal penetrate (Owen 2009, 205)

pecel lele- deep-fried catfish served with a spicy sauce (chillies, peanuts and tomatoes (Başan))

peda- fish preserved in wet salt (ikan peda = preserved fish)

pelecing- a simple way of cooking vegetables or chicken in Lombok. But if you ask for Pelecing by itself, you will invariably find that it is made with kangkung (from Owen 1986, 210). The most important ingredient to pelecing is terasi, but it also must be chilli-hot.

pentul = pusut- indicate the meat has been marinated in spices, finely chopped and molded onto satay sticks. Pentul means meat formed into walnut-sized balls n pushed onto sharpened sticks.

penyedap- seasoning; enhancer

pepes (Jav.)= pais (Sunda.) or palai (Minang.)- fish and shrimp wrapped in banana leaves or like in pepes tahu berbumbu (Owen 2009, 195) just food cooked in banana-leaf wraps. Kamus = fish spiced and roasted in a banana leaf.

pera- the taste of rice that is dry

peram- 1 brood; 2 keep s.t. to age or ripen it

peras- wring; squeeze

peria/paria= balsam pear, karela, pare, ampalaya- bitter cucumber/melon

periuk tanah liat- clay stoneware

persegi- square (as in square cut)

petai/pete- k.o. tree that produces beans w/ pungent odor, widely eaten raw or cooked (In von Holzen: twisted cluster beans are somewhat bitter)

petis- condiment of fermented fish or shrimp.

petola- relative of cucumbers and vegetable marrows (= oyong in Java, or emes; =calabash or bottle gourd/marrow in English)

peuyeum- (*Sd*) fermented cassava

pindang- Javanese dish boiled w/o coco milk. In C. Java it is cooked w/ beef, chicken, and hard-boiled duck eggs/ OR, according to KAMUS, preserve large fish or meat with salt without drying (daging pindang = k.o. beef stew w/ tamarind; memindang = make preserved fish or meat)/ OR, according to SEDERET, soy & tamarind

potong- cut (dipotong-potong= cut into pieces)

pucuk- young shoots of the plant

pukul- to beat(?)

pusut/lilit = pentul- indicate the meat has been marinated in spices, finely chopped and molded onto satay sticks. Pusut means meat is in one chunk, molded into sausage shape, (Owen 2009, 239)

Q

R

rabu- lungs

rata- evenly

rebung- bamboo shoot

remas/ramas- squeeze; press, knead

rendam- immerse; soak

raji- yeast

ranum- ripe

rendang- meat simmered in spices and coconut milk

rica-rica- “with lots of chilies”

ruas bambu- joints of bamboo (used in the dish, lemong singkong NT)

ruku-ruku- sweet basil

S

saring- strain

saringan- sieve

seduh- brew

selai- jam

semur- stew

sendok sayur- ladle

serai/sereh- lemongrass

serbet- napkin

serok- (*Jv*) scoop, round spatula.

singgang- k.o. culinary method for cooking meats in coconut milk

siram- pour; bathe; sprinkle

sodet- spatula

sorek- bamboo

T

tabung- k.o. bamboo tube used for storage (in the dish, lemong singkong NT) (compared w/ ruas)

taburi- sprinkle

talas- taro

tangkai- stalk, stem

tapai/tape- k.o. sweet cake made of slightly fermented rice or tubers

tauco/tauci/taucyo- salted yellow beans OR (*Ch*) fermented bean paste used as a condiment

telang- specific segment of bamboo used for cooking lemang (*Schizostachyum zollingeri*). It has very thin walls, allowing heat to penetrate.

tembikar- earthenware; pottery

tenggiri- mackerel (a.k.a. kembung)

teri- anchovies

tetelan- fatty (ex: daging tetelan)

tetes- drop/ menetes- drip/ menetesi- sprinkle on s.t.

tongkol- tuna, or in Minahasa ambu-ambu/ OR cob, like corn-on-the-cob

tuang- pour

tumbuk- mashed; pound

tumis- saute

tumpukan kayu bakar- woodpile, stack of firewood

tungku- stove, furnace

tusuk- skewer

U

uap- steam, vapor

ubi- edible tuber

ubi jalar- sweet potatoes w/ a reddish skin n white flesh (used in making Getuk Lindri from C. Java.)

ubi kayu- cassava (a.k.a. ubi kasbi/kaspe/perancis)

ubi keledek- sweet potato

umbi-umbian- tubers

urap (typical name)- vegetable salad with coconut dressing (same as anyang or gudangan)

urat- 1 tendon; 2 nerve (urat daging = sinews of meat); 3 vein

usus- intestines

V

vetsin- MSG

W

wajan- wok

waskom- basin

wijen- sesame

## REFERENCES

- Anderson, Benedict. 1983. *Imagined Communities: Reflections on the Origin and Spread of Nationalism*. London ; New York: Verso.
- Appadurai, Arjun. 1988. "How to Make a National Cuisine: Cookbooks in Contemporary India." *Comparative Studies in Society and History* 30 (1) (January 1): 3–24.
- Avé, J. B. 2002. "From Tribalism to Nationhood in the Asian-Pacific Archipelago." In *Riding a Tiger: Dilemmas of Integration and Decentralization in Indonesia*, 140–148. Amsterdam: Rozenberg Publishers.
- Barichello, Richard, and Arianto Patunru. 2009. "Agriculture in Indonesia: Lagging Performance and Difficult Choices." *Choices Magazine*, Quarter.
- Barthes, Roland. 1979. "Toward a Psychosociology of Food Consumption." In *Food and Drink in History: Selections from the Annales, Economies, Societies, Civilisations*, edited by Robert Forster and Orest A. Ranum, 166–73. Baltimore, MD: Johns Hopkins University Press.
- Başan, Ghillie, and Vilma Laus. 2007. *The Food and Cooking of Indonesia and the Philippines*. London: Aquamarine.
- Belasco, Warren. 2008. *Food: The Key Concepts*. Oxford; New York: Berg.
- Cooke, Nathalie. 2012. "Canada's Food History Through Cookbooks." In *Critical Perspectives in Food Studies*, edited by Mustafa Koç, Jennifer Sumner, and Tony Winson, 33–48. Canada: Oxford University Press.
- Cusack, Igor. 2000. "African Cuisines: Recipes for Nation-building?" *Journal of African Cultural Studies* 13 (2): 207–225.
- . 2004. "'Equatorial Guinea's National Cuisine Is Simple and Tasty': Cuisine and the Making of National Culture." *Arizona Journal of Hispanic Cultural Studies* 8 (January 1): 131–148.
- Darnys, Raf. 1991. *Makanan : Wujud, Variasi, Dan Fungsinya Serta Cara Penyajiannya Daerah Nusa Tenggara Timur*. Jakarta: Proyek Inventarisasi dan Pembinaan Nilai-Nilai Budaya.

- Deutsch, Jonathan, and Jeffrey Miller. 2007. "Food Studies: A Multidisciplinary Guide to the Literature." *Choice* 45 (3): 393–399.
- Farb, Peter, and George Armelagos. 1980. *Consuming Passions: The Anthropology of Eating*. Boston: Houghton Mifflin.
- Haryanti, Titi, Yetti Herayati, and Nia Masnia. 1993. *Makanan : Wujud, Variasi Dan Fungsinya Serta Cara Penyajiannya Pada Orang Sunda Di Jawa Barat*. Jakarta: Proyek Penelitian Pengkajian dan Pembinaan Nilai-Nilai Budaya.
- Hiroko, Takeda. 2008. "Delicious Food in a Beautiful Country: Nationhood and Nationalism in Discourses on Food in Contemporary Japan." *Studies in Ethnicity and Nationalism* 8, (1): 5–30.
- Holtzappel, C.J.G. 2002. "Centralization and Regionalism in Post Independence Indonesia." In *Riding a Tiger: Dilemmas of Integration and Decentralization in Indonesia*, edited by Coen Holtzappel, Martin Sanders, and Milan Titus, 27–71. Amsterdam: Rozenberg Publishers.
- Janowski, Monica, and Fiona Kerlogue. 2007. *Kinship And Food in South East Asia*. Denmark: NIAS Press.
- Klopfer, Lisa. 1993. "Padang Restaurants: Creating 'ethnic' Cuisine in Indonesia." *Food and Foodways* 5 (3): 293–304.
- Kubo, Michiko. 2010. "The Development of an Indonesian National Cuisine: A Study of New Movement of Instant Foods and Local Cuisine." In *Globalization, Food and Social Identities in the Asia Pacific Region*, edited by James Farrer. Tokyo: Sophia University Institute of Comparative Culture.
- Lerida, Manolita R., and Apolonia V. Garay. 2010. "Butuanon Cuisine: In Search of Local Identity." *JPAIR Multidisciplinary Journal* 5, no. 1 (August): 27–43.
- Lozada, Eriberto P. 2011. "Understanding Contemporary Asia Through Food." *Education About Asia* 16 (3): 1–8.
- Marks, Copeland, and Mintari Soeharjo. 1981. *The Indonesian Kitchen*. New York: Antheneum.
- Mason, Eric. 2008. "Cooking the Books: Jewish Cuisine and the Commodification of Difference." In *Edible Ideologies: Representing Food and Meaning*, edited by Kathleen LeBesco and Peter Naccarato, 105–125. Albany: SUNY Press.
- Miller, Jeff, and Jonathan Deutsch. 2009. *Food Studies: An Introduction to Research Methods*. Oxford and New York: Berg.

- Moser, Sarah. 2008. "Performing National Identity in Postcolonial Indonesia". Thesis, Singapore: National University of Singapore.
- Mowe, Rosalind. 1999. *Southeast Asian Specialties: A Culinary Journey*. English ed. Cologne: Culinaria Könnemann.
- Nurana, and Ahmad Yunus. 1986. *Makanan, Wujud, Variasi Dan Fungsinya Serta Cara Penyajiannya Daerah Sumatera Barat*. Padang: Proyek Inventarisasi dan Dokumentasi Kebudayaan Daerah.
- Owen, Sri. 1986. *Indonesian Food and Cookery*. London ; Charlottesville, VA: Prospect Books ; University Press of Virginia.
- . 2009. *The Indonesian Kitchen: Recipes and Stories*. Northhampton, MA: Interlink Books.
- Pilcher, Jeffrey M. 1996. "Tamales or Timbales: Cuisine and the Formation of Mexican National Identity, 1821-1911." *The Americas* 53, no. 2 (October 1): 193–216.
- Rozin, Elisabeth. 1982. "The Structure of Cuisine." In *The Psychobiology of Human Food Selection* edited by Lewis M. Barker, 189-203. Westport, CT: AVI Publishing.
- Tarulevich, Nicole. 2012. "Never Just Food: Themed Issue on Food and Asia." *International Journal of Asia Pacific Studies* 8, no. 2 (July): 1–12.
- Tong, Chee Kiong, and Kwen Fee Lian. 2003. "Cultural Knowledge, Nation-States, and the Limits of Globalization in Southeast-Asia." In *Globalization in Southeast Asia: Local, National, and Transnational Perspectives*, edited by Shinji Yamashita and J.S. Eades, 42–64. Asian Anthropologies. New York ; Oxford: Berghahn Books.
- van der Eng, Pierre. 2000. "Food for Growth: Trends in Indonesia's Food Supply, 1880-1995." *The Journal of Interdisciplinary History* 30, no. 4 (Spring): 591–616.
- van Esterik, Penny. 2008. *Food Culture in Southeast Asia*. Connecticut ; London: Greenwood Press.
- von Holzen, Heinz, and Lothar Arsana. 1997. *The Food of Indonesia: Authentic Recipes from the Spice Islands*. Periplus World Cookbooks. Singapore : Clarendon, VT: Periplus Editions ; Distributors, United States, Charles E. Tuttle.
- Wheaton, Barbara. 1998. "Finding Real Life in Cookbooks: The Adventures of a Culinary Historian." *Humanities Research Group* 7. Working Papers in the Humanities: 2–14.
- Wilk, Richard. 2012. "The Limits of Discipline: Towards Interdisciplinary Food Studies." *Physiology & Behavior* 107, no. 4: 471–475.

Wongso, William W., and Hayatinufus A. L. Tobing. 2004. *Spicy Padang Cooking*. Singapore: Periplus Editions (HK) Ltd.

Yamashita, Shinji. 2003. "Introduction: 'Glocalizing' Southeast Asia." In *Globalization in Southeast Asia: Local, National, and Transnational Perspectives*, edited by Shinji Yamashita and J.S. Eades, 1–20. Asian Anthropologies. New York ; Oxford: Berghahn Books.